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Newsletter | January 2018

New Year, New Ways to Embrace a Healthier Life!

Every January 1st, we set our sights on shaping improvements in our daily lives – perhaps by making a healthy lifestyle change, such as in diet or exercise, spending time with friends or learning something new. There is always a new pinnacle to strive towards, whether the change is incremental or significant. It is, after all, what makes us unique.

Benefits of staying active:

- Be happier and less lonely
- Stay motivated with more energy
- Experience fewer mood swings and less depression
- Maintain a healthy weight
- Gain a stronger immune system
- Sleep better and even live longer!

Take steps for a healthier lifestyle.

How about taking a short walk? Or a class? Maybe take up a new hobby? Variety is the spice of life and staying active, both mentally and physically, is a key to continued vibrancy.

Make new friends.

Friends – those who relate and empathize with you, strengthen your entire support system. And being active naturally increases your network of friends.

Learn something new.

Try something you've always wanted to do or reconnect with an activity you already love. Look to one of our clubs or group activities, from painting and photography to technology, even Zumba or aerobics.

When you learn something new, you hone other areas of your brain. This is called neuroplasticity – the ability for your brain to change and grow throughout your life.

We're here to help you reach your goals.

There's nothing to stop you from reaching new heights. For help planning your personal goals, stop in and see us. We'll get you started on a healthier and happier New Year.



ACTIVITY HIGHLIGHT

On Saturday, December 16th, All American At Londonderry hosted a Photos With Santa Holiday Celebration. We invited resident and staff families and friends to join us for a festive and fun afternoon. We were welcomed by Santa and Mrs. Claus as they traveled down from the North Pole to make a stop at our community! We had a line of eager families ready to sit by their side for a picture! We also raffled off six themed stocking prizes and all the proceeds will be given to Families in Transition. A beautiful display of refreshments was put on by our Dining Staff and we even had a Display of Gingerbread Houses! We look forward in making this a tradition so stay tuned for next year!





Employee Of The MONTH



Antoinette “Toni” Lombardo was born and raised in Boston, Massachusetts. She met her husband in grade school and his name is Dominique. Dominique worked many years as a shoe repair man in the Boston area. You can find these two on the dance floor dancing away or at the bowling alley. Both Dominique and Toni raised their son Dominique Jr.

Toni was a stay at home mom and you could find her whipping up pies, tiramisu, cannolis, and cookies in her kitchen! Her favorite family vacation was on the west coast in sunny California. Both Dominique and Toni enjoyed traveling around the United States.

We want to thank Toni for taking the time to share her story. Stay tuned for next months Resident Spotlight!

Resident Birthdays :

- Evelyn Demers January 13
- Robert “Bob” McClure January 21
- Antoinette Lombardo..... January 27



Forces In Motion Show

Wednesday, January 10th at 10 am
Rose Lane

Travel Destination: Chinese New Year

Thursday, January 11th at 10:30 am
Media Room/Bistro

Bridge Club

Thursday, January 18th at 10:30 am
Arts/Crafts Room

Entertainment w/ Charlie Dawson

Wednesday, January 24th at 2 pm
Media Room/Bistro

SPECIAL EVENTS

We've started a new tradition here at All American and have partnered up with South Londonderry School. Our residents have had the opportunity to visit and read to the fourth grade students with an assortment of books! This inter-generational approach has been successful and we look forward in returning to visit our friends. We thank the teachers for letting our community come and be part of their school day!

We will also be welcoming the students to come and read to our Rose Lane residents. We are eager to get this opportunity up and running for the new year!



Staff Directory of DEPARTMENT HEADS

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FOX Optimal Living Rehab Director

Stephen McLean



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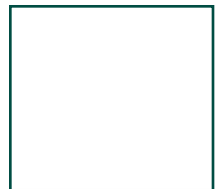
St. Jude's



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Golden Globes Awards Night 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Hallway Bowling 3:00 Word In A Word Game 4:00 Color & Conversation 6:15 Resident Choice Movie Night 8:00 Golden Globes on NBC	Happy 120th Birthday The Big Apple! 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 1:00 Rose Parade on TV 1:30 Culinary Creations: Cinnamon Swirl & Lemon Poppy Bread 2:00 Sports Club 3:00 The Big Apple Happy Hour 4:00 Table Games 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:45 Sit N Fit 1:30 Candy Bar Bingo 2:00 Food Council Meeting 2:30 Dynamic Walking Group 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Resident Choice Movie Night	Bittersweet Chocolate Day 9:00 Beauty Salon Opens 9:30 OUTING: Leach Public Library 9:45 Strength Training 10:30 Chorus Rehearsal 11:30 OUTING: O'Brien Garden Restaurant 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 4:00 Card Games 6:15 Resident Choice Movie Night	Pop Music Chart Day 9:45 Sit N Fit 10:30 Resident Council Meeting 1:30 Soshine Soup Kitchen Centerpieces 2:30 Dynamic Walking Group 3:00 Time It Up Thursday Happy Hour 4:00 Table Games 6:15 Winter PJ & Popcorn Movie Night!	Cure Of The Bambino Day 9:45 Strength and Balance 10:30 Matching Concentration Game 10:30 OUTING: Walmart 1:00 Balloon Volleyball 2:00 Brain Games 2:30 Chair Yoga 3:00 Entertainment w/ Mark S. & Happy Hour 4:00 Puzzlemania Games 6:15 Resident Choice Movie Night	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 One Spirit, One Voice Entertainment 3:00 Happy Hour 4:00 Table Games 6:15 Resident Choice Movie Night
Golden Globes Awards Night 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Hallway Bowling 3:00 Word In A Word Game 4:00 Color & Conversation 6:15 Resident Choice Movie Night 8:00 Golden Globes on NBC	Happy 120th Birthday The Big Apple! 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 1:00 Rose Parade on TV 1:30 Culinary Creations: Cinnamon Swirl & Lemon Poppy Bread 2:00 Sports Club 3:00 The Big Apple Happy Hour 4:00 Table Games 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:45 Sit N Fit 1:30 Candy Bar Bingo 2:00 Food Council Meeting 2:30 Dynamic Walking Group 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Resident Choice Movie Night	Bittersweet Chocolate Day 9:00 Beauty Salon Opens 9:30 OUTING: Leach Public Library 9:45 Strength Training 10:30 Chorus Rehearsal 11:30 OUTING: Currier Gallery of Art Museum 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday & Charades 4:00 Card Games 6:15 Resident Choice Movie Night	Are You Feeling Lucky Day 9:45 Sit N Fit 10:30 Travel Destination Classes New Year Presentation! 1:30 Chinese Writing 2:30 Dynamic Walking Group 3:00 Entertainment w/ Richard King 4:00 Table Games 6:15 Resident Choice Movie Night	Strength and Balance 10:30 Cranium Crunches 1:30 Afternoon Walking Stroll 2:00 Brain Games 2:30 Chair Yoga 3:00 Happy Hour 4:00 Puzzlemania Games 6:15 Resident Choice Movie Night	First Radio Broadcast 9:45 Saturday Morning Stretch 10:30 Entertainment w/ Brian G. 10:30 Candy Bar Bingo 1:30 Family Movie Matinee 3:00 Happy Hour & Radio Trivia 4:00 Table Games 6:15 Resident Choice Movie Night
Golden Globes Awards Night 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Hallway Bowling 3:00 Word In A Word Game 4:00 Color & Conversation 6:15 Resident Choice Movie Night 8:00 Golden Globes on NBC	Happy 120th Birthday The Big Apple! 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 1:00 Rose Parade on TV 1:30 Culinary Creations: Cinnamon Swirl & Lemon Poppy Bread 2:00 Sports Club 3:00 The Big Apple Happy Hour 4:00 Table Games 6:15 Resident Choice Movie Night	Twiddle Your Thumbs Day 9:00 Beauty Salon Opens 9:45 Sit N Fit 1:30 Candy Bar Bingo 2:00 Dynamic Walking Group 3:00 Happy Hour & Nothing Trivia 4:00 Jigsaw Puzzles 6:15 Resident Choice Movie Night	9:00 Early Bird Walking Group 9:30 OUTING: Leach Public Library 9:45 Strength Training 10:30 Chorus Rehearsal 11:30 OUTING: Currier Gallery of Art Museum 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 4:00 Card Games 6:15 Resident Choice Movie Night	Oh, Pook! Day 9:45 Sit N Fit 10:30 Bridge Club 1:30 Indoor Bocce Ball 2:30 Dynamic Walking Group 3:00 Time It Up Thursday Happy Hour 4:00 Table Games 6:15 Resident Choice Movie Night	Strength and Balance 10:30 Cranium Crunches 1:00 Balloon Volleyball 2:00 Brain Games 2:30 Chair Yoga 3:00 Happy Hour 4:00 Puzzlemania Games 6:15 Resident Choice Movie Night	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Afternoon Walking Stroll 2:00 Indoor Bocce Ball 3:00 Happy Hour & Socialize 4:00 Table Games 6:15 Resident Choice Movie Night
Wintertime Memories Day 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Balloon Volleyball 3:00 What Comes First? Sequencing Game 4:00 Color & Conversation 6:15 Resident Choice Movie Night	Pick Up A Hobby Day 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 OUTING: Market Basket 1:00 Manicures and Mimosas 1:00 Bean Bag Toss Game 2:00 Sports Club 3:00 Happy Hour 4:00 Table Games 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:45 Sit N Fit 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Resident Choice Movie Night	9:00 Early Bird Walking Group 9:30 OUTING: Leach Public Library 9:45 Strength Training 10:30 Chorus Rehearsal 11:30 OUTING: Cracker Barrel Restaurant 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday & Charades 4:00 Card Games 6:15 Resident Choice Movie Night	Royal Wedding Anniversary 9:45 Sit N Fit 10:30 "Overcoming Winter Blues" Presentation 2:30 Dynamic Walking Group 3:00 Celebrate January Birthdays! 3:00 Entertainment w/ Don Smith 4:00 Table Games 6:15 Resident Choice Movie Night	Strength and Balance 10:30 Name That Tune 2:00 Brain Games 2:30 Chair Yoga 3:00 Happy Hour 4:00 Puzzlemania Games 6:15 Resident Choice Movie Night	Strange Socks Day 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Family Movie Matinee 3:00 Entertainment w/ Rich Araldi 4:00 Table Games 6:15 Resident Choice Movie Night
Wintertime Memories Day 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 1:30 Balloon Volleyball 3:00 Wintertime Word In A Word Game 4:00 Color & Conversation 6:15 Resident Choice Movie Night	Marshmallow Monday 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 OUTING: Walmart 1:00 Manicures and Mimosas 1:30 Culinary Creations: Rubarb Custard Pie 2:00 Sports Club 3:00 Entertainment w/ John M 4:00 Table Games 6:15 Resident Choice Movie Night	9:00 Beauty Salon Opens 9:45 Sit N Fit 1:30 Candy Bar Bingo 2:00 Health Discussion Talk w/ Justin 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Resident Choice Movie Night	9:00 Early Bird Walking Group 9:30 OUTING: Leach Public Library 9:45 Strength Training 10:30 Chorus Rehearsal 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 4:00 Card Games 6:15 Resident Choice Movie Night	IMPORTANT! All activities and times are subject to change without notice. Please check daily schedules for the latest updates.	Happy Birthdays! Robert McClure.....121.	

Did you know...?

- Walking just a quarter mile per day can lower your risk of dementia.
- Aerobic exercise can improve planning and organization skills.
- 45 minutes of exercise three times weekly can increase the volume of your brain.
- Physical activity can improve both short- and long-term memory and even make you think faster.
- People who learn a new skill also see improvements in memory.
- Activities like ping pong and jigsaw puzzles can stimulate your brain.
- A healthy diet high in lean protein can help you to recoup more quickly from illness or injury.
- The Mediterranean diet consisting of fresh fish, fruits, and vegetables may be beneficial in lowering rates of dementia.
- Staying physically active and increasing your stamina, you reduce the potential for a fall.



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