

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT RAYNHAM RESIDENTS

An Emphasis on Living!



New Insights Into Eating Right

Tell me what you eat, and I will tell you what you are. ~ Anthelme Brillat-Savarin



“You are what you eat” was first coined in 1826 and remains true today. Despite an array of choices, all of us can be less than stellar when it comes to eating right. Still, experts agree that a plant-based diet lower in sugar offers numerous health benefits.

The Rainbow Diet

The more colors on your plate, including fruits and vegetables, the more likely you’re obtaining the right nutrition. These nutrients can also act as powerful antioxidants that fight cancer. (Source: <https://thetruthaboutcancer.com/rainbow-diet-cancer/>.)

The Mediterranean Diet

The popular Mediterranean diet is one of the healthiest. This diet, which is plentiful in fish, whole grains, fruits, and vegetables, has better overall health benefits. It can even lower rates of dementia while supporting memory and attention levels, according to the specialists at *Frontiers in Nutrition* (www.frontiersin.org).

The MIND Diet

Short for Mediterranean-DASH Intervention for Neurodegenerative Delay, the MIND diet focuses on maintaining your mental well-being and cognitive areas as

you age. Consider a study of 1,000 seniors over eight years. Those who meticulously incorporated the diet into their lifestyles reduced their Alzheimer’s risk by 53%. Those who moderately followed the diet decreased their risk by 35%. (Source: www.karger.com.)

Eating Right

A healthy diet offers a multitude of benefits – such as maintaining a healthier weight, having more energy, and keeping your mind sharp. Let us help with your dietary needs or plan a diet right for you.



Activity Highlight

In February we’ll be taking a virtual destination trip to the city of love, as we call it Paris, France! During this month’s destination we will be exploring the French culture, food, artwork, and of course famous attractions! We’ll be learning about what makes Paris so popular for the love birds as well as the beautiful monuments. We’re very excited for this destination week and looking forward to these engaging activities for everyone!



REFER A FRIEND... GET \$1500!

Contact us for details.



Resident of the Month

Congratulations Elvio D. on being February's Resident of the Month! Elvio hasn't been here long, but he's certainly making a great impression. He used to be a former math & physics teacher at Taunton High, which explains his love of learning and his compassion for everyone. You'll most likely find Elvio joking around with staff persuading one of his friends to join an activity. His warm smile and great sense of humor make him a great selection for resident of the month. We couldn't be happier that he's a part of our family here at All American!



Elvio D.



Employee Spotlight

We would like to take this opportunity to congratulate Sue Mello on becoming February's Employee of the month! Sue is a Nurse here at All American. Sue is always ready to tackle whatever task she may become faced with, with a smile and warmth about her that light up the room. She makes sure the resident's are given appropriate and compassionate care at all times. There's no problem too big or too small for Sue to handle. We thank you for your endless love, your caring approach, and your deep dedication to our residents.



Sue Mello



Birthdays of the Month

02/02/18..... Julian Z..... Resident
 02/04/18..... Barbara C..... Resident
 02/06/18..... Ann L..... Resident
 02/17/18..... Albert D..... Resident
 02/17/18..... William "Bill" P..... Resident
 02/23/18..... Rita G..... Resident
 02/25/18..... Hugh "John" T..... Resident
 02/26/18..... Juliette P..... Resident

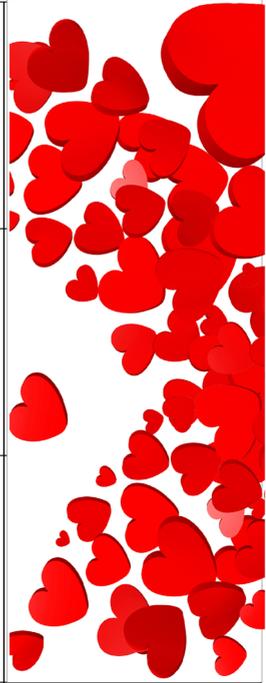


Save the Date

Shopping Trips: Every other Mon, 9:00am/1:30pm
 Lunch Trips: Every other Wed 11:30am
 Happy Hour: Everyday 3:30pm.
 Strength & Balance: Every Mon & Wed 10:00am
 Sit & Fit: Every Tues & Thurs 2:15pm
 Health Talk with James: Once every other week 3:00pm
 Music & Movement with James: Once every other week 3:00pm
 Veteran's Coffee Hour with Mike: 1st Tues of the Month 10:00am
 Mass with Father Tom: 1st Wed of the month 1:30pm
 Winthrop Baptist Church: Sat 2/3 2:00pm
 Heartstring Card Art: Fri 2/2 1:30pm
 Music Concert with Vini Ames: Thurs 2/8 1:30pm
 Creamy VDay Hearts: Mon 2/12 1:30pm

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Join us for our virtual destination to Paris the City of Love!</i></p> <p>9:30 Board Games</p> <p>9:30 Rosary</p> <p>10:00 Current Events & Coffee</p> <p>10:00 Mass</p> <p>10:30 African American History Trivia</p> <p>1:30 Bingo</p> <p>2:30 Ladder Ball Game</p> <p>3:00 Football Trivia!</p> <p>3:30 Happy Hour!</p> <p>6:30 Super Bowl Sunday!</p>	<p>9:00 Shopping Trip: Family Dollar</p> <p>9:30 Mass</p> <p>9:30 Book Club</p> <p>10:00 On this Day Discussion</p> <p>10:00 Strength & Balance</p> <p>10:30 African American History Month</p> <p>1:30 Cupcake Liner Craft</p> <p>2:45 Yoga</p> <p>3:00 New England Trivia</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-The Chase</p>	<p>9:30 Trivia!</p> <p>9:30 Mass</p> <p>10:00 Veterans' Coffee Hour</p> <p>10:00 Therapeutic Coloring Pages</p> <p>10:00 Walking Club</p> <p>10:30 Manicures & Hand Massages</p> <p>1:30 Chesscake Cookies</p> <p>2:15 Sit & Fit</p> <p>2:45 Cardio Fit</p> <p>3:00 Name that Tune</p> <p>3:15 Golf with James</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Caddyshack</p>	<p>9:30 Current Events & Coffee</p> <p>9:30 Mass</p> <p>10:00 Seated Strength Class</p> <p>10:00 Book Club</p> <p>10:45 Who's Cupid?</p> <p>1:30 Cardinal Drawing</p> <p>1:30 Mass with Fr. Tom</p> <p>2:45 Cardio Fit</p> <p>3:00 Name 10</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p> <p>6:30 Bingo</p>	<p>9:30 Word Games</p> <p>9:30 Mass</p> <p>10:00 Finish the Phrase</p> <p>10:00 Walking Club</p> <p>10:30 Welcome to February Trivia!</p> <p>1:30 Cherry Chocolate Shortbread</p> <p>2:15 Skip Bo Card Game</p> <p>2:15 Sit & Fit</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Meet My Valentine</p>	<p>9:30 Puzzles</p> <p>9:30 Mass</p> <p>10:00 Strength & Balance</p> <p>10:00 Random Trivia!</p> <p>10:45 Groundhog Day!</p> <p>1:30 Hearstring Card Art</p> <p>2:00 Stretch with James!</p> <p>3:00 Who Am I?</p> <p>3:00 Concentration Puzzles</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p>	<p>9:30 Cards</p> <p>9:30 Mass</p> <p>10:00 Jewelry Making</p> <p>10:30 Bird Trivia!</p> <p>1:30 Baking Cherry Crisp</p> <p>2:00 Ice Breaker Card Game</p> <p>2:00 Wimbop Baptist Service</p> <p>3:00 "You Are There" Premiere</p> <p>3:00 Bocce Ball</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-On Golden Pond</p>
<p>9:30 Board Games</p> <p>9:30 Rosary</p> <p>10:00 Current Events & Coffee</p> <p>10:00 Mass</p> <p>10:30 Baking Brownies</p> <p>1:30 Bingo</p> <p>2:30 Bocce Ball</p> <p>3:00 What Am I?</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p>	<p>9:30 Book Club</p> <p>9:30 Mass</p> <p>10:00 On this Day Discussion</p> <p>10:00 Strength & Balance</p> <p>10:30 John Glenn's Orbit Diary</p> <p>1:30 Creamy Valentine Hearts</p> <p>2:00 Meditation with Linda</p> <p>2:30 Wacky Words</p> <p>2:45 Yoga</p> <p>3:00 TV Trivia!</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Walk the Line</p>	<p>9:30 Trivia!</p> <p>9:30 Mass</p> <p>10:00 Therapeutic Coloring Pages</p> <p>10:00 Walking Club</p> <p>10:30 History of Mardi Gras</p> <p>1:30 Mardi Gras Mask Making!</p> <p>2:00 John Lewis Civil Rights Leader</p> <p>2:15 Sit & Fit</p> <p>2:30 Jewelry Creations</p> <p>3:00 Famous Faces</p> <p>3:15 Golf with James</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-The African Queen</p>	<p>9:30 Current Events & Coffee</p> <p>9:30 Mass</p> <p>10:00 Seated Strength Class</p> <p>10:00 Book Club</p> <p>10:45 Heers in Twin Candy Bark!</p> <p>11:30 Lunch Trip: Tommy Doyle's Pub & Grill</p> <p>1:30 Valentine's Day: Concert with Todd!</p> <p>3:00 Ash Wednesday Service</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p> <p>6:30 Bingo</p>	<p>9:30 Word Games</p> <p>9:30 Mass</p> <p>10:00 Finish the Phrase</p> <p>10:00 Walking Club</p> <p>10:00 Resident Council</p> <p>10:45 Winter Olympics Discussion</p> <p>1:30 Cotton ball Heart Painting</p> <p>2:15 Sit & Fit</p> <p>3:00 Sted Dog Discussion</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Sister Act</p>	<p>9:30 Puzzles</p> <p>9:30 Mass</p> <p>10:00 Strength & Balance</p> <p>10:00 Random Trivia!</p> <p>10:45 Daily Art Lecture</p> <p>1:30 Food Demo with Kevin</p> <p>2:00 Stretch with James!</p> <p>2:30 Chinese New Year!</p> <p>3:00 SS Dorchester Remembrance</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p>	<p>9:30 Cards</p> <p>9:30 Mass</p> <p>10:00 Glee Club</p> <p>10:30 Travelogue: New Orleans</p> <p>1:30 Valentine's Day Bird Feeders</p> <p>2:30 Ladder Ball Game</p> <p>3:00 Jeopardy Trivia</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Meet Joe Black</p>
<p>9:30 Board Games</p> <p>9:30 Rosary</p> <p>10:00 Reminiscing: Remember When?</p> <p>10:00 Mass</p> <p>10:30 Charades</p> <p>1:30 Bingo</p> <p>2:30 Parachute Jump!</p> <p>3:00 New England Trivia</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p>	<p>9:30 Book Club</p> <p>9:30 Mass</p> <p>10:00 On this Day Discussion</p> <p>10:00 Strength & Balance</p> <p>10:45 Happy birthday Fat's Domino!</p> <p>1:30 Resident Birthday Celebration!</p> <p>3:00 Yoga</p> <p>3:00 Jeopardy Trivia</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Along Came Polly</p>	<p>9:30 Trivia!</p> <p>9:30 Mass</p> <p>10:00 Walking Club</p> <p>10:30 Guided Art Class with Paul Casagrande!</p> <p>1:30 Pokao</p> <p>2:15 Sit & Fit</p> <p>2:30 Daily Art Lecture</p> <p>3:00 Name 10</p> <p>3:15 Golf with James</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Vanilla Sky</p>	<p>9:30 Current Events & Coffee</p> <p>9:30 Mass</p> <p>10:00 Seated Strength Class</p> <p>10:00 Book Club</p> <p>10:45 Discussing Photography!</p> <p>11:30 Lunch Trip: Dave's Diner</p> <p>1:30 Science Experiment!</p> <p>2:45 Cardio Fit</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p> <p>6:30 Bingo</p>	<p>9:30 Word Games</p> <p>9:30 Mass</p> <p>10:00 Finish the Phrase</p> <p>10:00 Walking Club</p> <p>10:45 Paris: The City of Love</p> <p>1:30 Popourri Heart Craft</p> <p>2:15 Sit & Fit</p> <p>2:30 Who Am I?</p> <p>3:00 Follow Your Nose Game</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Hardball</p>	<p>9:30 Puzzles</p> <p>9:30 Mass</p> <p>10:00 Strength & Balance</p> <p>10:00 Random Trivia!</p> <p>10:45 Facts about Paris</p> <p>1:30 Rayham Public Library Visits</p> <p>2:00 Health Talk with James!</p> <p>2:00 Chesscake Strawberry Bites</p> <p>2:30 Grand Canyon Discussion</p> <p>3:00 Movement & Music with James</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-"Resident's Choice"</p>	<p>9:30 Cards</p> <p>9:30 Mass</p> <p>10:00 Jewelry Creations</p> <p>10:30 What's your Horoscope?</p> <p>1:30 Watercolor Art</p> <p>2:00 Happy birthday Johnny Cash!</p> <p>2:30 Bocce Ball</p> <p>3:00 Let's Play Trivia!</p> <p>3:30 Happy Hour!</p> <p>6:30 Movie-Crash of the Titans</p>



Did you know...?

- “All you can eat” (AYCE) became a popular restaurant slogan during the 1930s. The food was typically inexpensive, basic fare and easy to serve.
- The term “Cordon bleu traces back to an 1827 cookbook, *Le Cordon bleu ou nouvelle cuisinière bourgeoise*, published in Paris.
- “An apple a day keeps the doctor away” has roots in a Pembrokeshire (Wales) proverb: “*Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.*”
- “Salad days” doesn’t refer to eating greens but rather youthful innocence. It first appeared in Shakespeare’s *Anthony and Cleopatra*, 1606. (“*My salad days, When I was green in judgment...*”)
- “Why does bread always fall buttered side down?” It’s like Murphy’s Law. “*I never had a slice of bread, particularly large and wide, that did not fall upon the floor, and always on the buttered side!*” (*New York Monthly Magazine*, 1835.)

Read more at

<https://www.phrases.org.uk/meanings/food-and-drink-phrases.html>.



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