

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT RAYNHAM RESIDENTS

An Emphasis on Living!

All ★
American
ASSISTED LIVING

Wellness For Life

A plan for a healthier lifestyle is at your fingertips.

Wellness can be achieved at almost any point in life. It can include eating right, exercising more and improving your mental outlook.

You Are What You Eat.

Eating a plethora of fruits and vegetables is one way to improve your health. So is reducing your caloric intake. Experts typically suggest a 25 to 40 percent reduction to help achieve a healthier lifestyle. While *decreasing* your calories can lead to greater longevity, experts also recommend *increasing* your quantity of food, which means eating higher volumes of quality, lower calorie foods. Diets rich in antioxidants, like berries, beans and dark leafy green vegetables, can help with this goal.

Exercise And Keep Moving.

Have you heard the phrase, “Sitting is the new smoking?” Roughly translated, Americans spend more time sitting today than ever before, both at work and leisure, with increased screen time on their phones, tablets and TVs, all which can have a negative impact on health.

The key is not to fall into the habit of a sedentary lifestyle. You’ll feel better, and regular exercise can improve your balance and cardiovascular health. Strive for 30 minutes a day; even light walking can benefit.

Before starting any exercise program, please consult your doctor.



Activity Highlight

Love is in the air at All American at Raynham! On Friday, September 14th, as part of National Assisted Living Week, two couples renewed their wedding vows. Residents Dave and Del celebrated their over 58 years together by repeating the vows they first pledged so long ago. Staff members, Roger and Julia also renewed their wedding vows much to the enjoyment of the residents, staff and family members.



Refer a friend... get \$3,000!

Contact us for details.



Resident Spotlight

Say Hello to Peg W., the All American Assisted Living of Raynham's Resident of the Month!

Peg can often be found walking by the community rooms on the first floor. She enjoys people watching and making sure things are running smoothly.

A very proud mother and grandmother, Peg loves to show off her pictures of her children and grandchildren.

Ask her about her grandson who recently graduated from Massachusetts Maritime and Peg lights up.

We are happy to have Peg W. as part of our All American Family.



Peg W.



Employee Spotlight

Join us in congratulating Ana Barros, the Employee of the Month

at All American Assisted Living at Raynham.

Ana has been working here at All American since October 2017 often on the 3-11 shift. During this time she has shown great compassion to our residents and a true work ethic. Her co-workers often refer to her as a "superstar" since she is always willing to jump in and lend a hand when needed.

We know that Ana will continue to provide the great care and service that she is known for.



Ana Barros



Birthdays of the Month

10/08/18.....	Ruth S.	Resident
10/18/18.....	Yolanda Ortia	Employee
10/23/18.....	Rosa Ventura	Employee
10/25/18.....	Fred P.....	Resident
10/25/18.....	Magdala Fecu	Employee
10/28/18.....	Julia Donovan	Employee
10/29/18.....	Lisa Desouza	Employee
10/29/18.....	Jessica Evora	Employee
10/30/18.....	Tom M.....	Resident
10/31/18.....	Jean S.....	Resident



Save the Date

October 20, 2018






























































































Trick or Treat

2 P.M. - 4 P.M.

Open to residents and staff families for a fun and safe afternoon of Trick or Treating at All American at Raynham.



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 9:30 Rosary 10:00 Mass 10:30 Dining Corner: No Sale Pumpkin Cheesecake 1:30 Bingo 2:30 Soccer Ball 3:30 Happy Hour! 6:30 Movie: "Resident's Choice"	 9:30 Coffee & Monthly Gazette 9:30 Mass 9:30 Strolling Club 10:00 Crafters' Corner: Bar - Iastic Hangings 10:00 Strength & Balance 10:30 Crossword 1:30 Card Games 2:00 Lawn Games 2:30 Spelling Bee 3:30 Happy Hour! 6:30 Movie: Birth of Red Sox Nation	 9:30 Coffee and On this Day Discussion 9:30 Mass 9:30 Strolling Club 10:00 St & Fit 10:00 Therapeutic Coloring Pages 10:30 Cooking Corner: Cookie Cheesecake Bars 1:30 Party Hats & Nails 2:00 Walking Club 2:30 Bingo 3:30 Happy Hour! 6:30 The Carol Burnett Show	 9:30 Current Events & Coffee 9:30 Mass 9:30 Strolling Club 10:00 Book Club 10:00 Seated Strength Class 10:30 Word in a Word 11:15 Lunch with Fr. Tom 1:30 Uno Cards 2:30 Live Entertainment with Tom Madden 3:30 Happy Hour! 6:30 Movie: It Started in Naples	 9:30 Mass 9:30 Strolling Club 10:00 Mensale Watercolors 10:00 St & Fit 10:00 Jewelry Creations 1:30 Crafters' Corner: Spooktacular Decor 2:00 Walking Club 2:30 Bible Study 3:30 Cards in the Bistrot 3:30 Happy Hour! 6:15 Bingo	 9:30 Mass 9:30 Puzzles 9:30 Strolling Club 10:00 Random Trivia 10:00 Strength & Balance 10:30 You Be The Judge 1:30 Scramble Quest 2:00 Stretch with James! 2:30 Health Talk with James 3:30 Happy Hour! 6:30 Movie: "Resident's Choice"	 9:30 Fireside Chat 9:30 Mass 10:00 The Common Factor 10:30 Cooking Corner: Pumpkin Pie Dip 11:00 Tasty Trivia 1:30 Pokeno 2:30 Bowling 3:30 Happy Hour! 6:30 Movie: Pride and Prejudice
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Find Purpose And Positivity.

Once the kids are grown and careers mature, many older adults feel at loose ends. Why not use this time to start a new hobby, volunteer or reignite a past pleasure? Not only will you find greater fulfillment but staying mentally active can also help delay or lower your risk of dementia. Finding purpose also leads to greater positivity.

The key is to maintain a well-balanced life.

What you eat, your activity level and other lifestyle habits are responsible for much of your health. At Kaplan, we're here to support your wellbeing. Let us know how we can help.

Sources:

<https://www.rd.com/health/health-care/5-keys-to-health-at-60-plus/>,

<https://drbubbs.com/blog/2017/9/6-tips-for-longevity-health>



All 
American
ASSISTED LIVING

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