COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT RAYNHAM RESIDENTS

An Emphasis on 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.



Peg W.

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.



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



Ana Barros

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.



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 Coffee & Morithly Gazette 9:30 Marie Sandra Sa	920 Coffee and On this Day Discussion 2 930 Masss 930 Masss 930 Shoring Club 1000 Std & Fri 1000 Testpack Custoring Pages 1030 Cooling Comer Coole Cheesecale Bars 1030 Cooling Comer Coole Cheesecale Bars 200 Washing Club 230 Report	930 Current Evertis & Coffee 93 Cast Strong Strong Strong Cast Str	4 230 Wasss 4 230 Watching Cub. 820 Sevening Cub. 820 Sevening Cub. 820 Sevening Cub. 820 Sevening Cub. 820 Washing Cub. 820 Carafacs' Corner. Spooklacular Decor 220 Washing Cub. 820 Carafacs' Corner. Spooklacular Decor 220 Carafacs' Corner. Spooklacular Decor 220 Washing Cub. 820 Carafacs' In the Bistrol. 820 Carafacs' In the Bistrol	9.30 Mass 9.30 Mass 9.30 Mass 9.30 Mass 9.30 Puzzles 9.30 Puzzles 9.30 Puzzles 10:00 Random Trivial 10:00 Strength & Balance 10:00 Strength & Balance 1:30 Scrabble Quest 2:00 Stretch with James 2:20 Stretch with James 2:30 Heapty Hourt 6:30 Morrie "Resident's Choice" 6:30 Morrie "Resident's Choice"	6 9:30 Freside Chat 6:30 Mass 10:30 Locamon Factor 70:30 Cooking Coner. Pumpkin Pe Dip 10:30 Cooking Coner. Pumpkin Pe Dip 11:30 Puberin 2:30 Bouling 3:30 Happy Hourt 6:30 Movie- Picle and Prejudice
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9:30 Rosary 14 10:00 Mass 10:00 Mass 10:30 Cooking Corner. Mint Cheesecrate 1:30 Bingo 2:30 Ter Time Golf 3:30 Coffee & Random Tinkia 3:30 Happy Hourf 6:30 Movie-"Resident's Choice"	9.30 Mass 9.30 Mass 9.30 Mass 9.30 Mass 9.30 Specified Club 10.00 Cardhars Counter. Howing Owls 10.00 Cardhars Corner. Howing Owls 10.00 World in a Woord 10.30 World in a World 10.30 March Club Class 9.30 Layer Media 13.30 Happy Houri 6.30 Mohrie Rusaway Bride 6.30 Mohrie Rusaway Bride	9:30 Coffee & Word Search Crazel 16 9:20 Mass. 9:20 Strolling Cub 10:00 Stt 8 FR 10:00 Therspeutic Coloring Pages 10:00 Therspeutic Coloring Pages 10:00 Massical Memories Timis 1:30 Massical Memories Timis 1:30 Massical Memories Timis 1:30 Use Enterstanment with Toold H. 3:30 Use Enterstanment with Toold H.	9:30 Current Events & Coffee 77 9:30 Masss 9:30 Stelling Club 10:00 Book Club 10:00 Seared Sterugh Class 11:15 Lunch Outring : Great American Plub 12:45 Lunch Outring : Great American Plub 12:45 Lunch Garmas 3:16 Howing Good Trivia 3:30 Howing Good Trivia 6:30 Mayer Houri 6:30 Mayer Stelling Stell	8:30 Coffee and On this Day Discussion 8 9:30 Blanks 9:30 Shrifting Out 10:00 Placedent Council 10:00 Resident Council 10:00 St. 8 Fr. 1:30 Till Years of Shoes Suffering for Festion 2:30 December Shoes Suffering for Festion 2:30 Charlespy Hourd 6:15 Bingo	9:30 Mass 9:30 Puzzles 8:30 Sobring-Out 10:00 By the Numbers Trivia 10:00 Shength & Balance 10:30 Chartery Upsico Down Calve 130 Carste in Was Lames 2:30 Shepty How Lames 3:30 Happy How Testing 6:30 Movie- "Resident's Choice"	9:30 Fresole Chat 9:30 Mass 10:00 This Was the Year 1973 10:30 Word Games 11:30 Remember When Tricks or Treats 2:00 Trick or Treat
9:30 Rosery 21 10:00 Mass & Communion 10:45 Cooking Comer. Peanut Butter Bars 1:30 Bingo 2:30 Ladder Ball Game 3:30 Happy Hourl 6:30 Movie "Resident's Choice"	9.30 A look at the Salem Witch Trials 22 9.30 Washing Club 9.45 Chargo Dolar Tree 10.15 Concentration Halloween Edition 11.30 Lec Creem Sodas 2.00 Wind Scarnible 2.45 M y Faronte Things 2.30 Wash Salem Things 6.30 Monie Frones Chum Song	9.30 Mass 23 9.30 Mathes by any other name 10.00 St & Fill Therapeutic Coloring Pages 10.15 Therapeutic Coloring Pages 10.20 Perry Artie 11.30 Massical Memories Trivia 11.30 Massical Memories Trivia 2.30 Live Entertainment with Jen Meilo 2.30 Live Entertainment with Jen Meilo 6.30 The Carol Burnett Show	9.30 Current Events & Caffee 24 9.50 Mission School School Code 10.00 Seared School Class 10.00 Seared School Class 10.00 Seared School Class 10.00 Seared School Code 2.30 Finish the Line Frish the Lyrics 2.30 Finish the Line Frish the Lyrics 3.30 Mission School School Code 3.30 Mission School School School Code 6.30 Mission-Codernsy Library & Political 6.30 Mission-Codernsy Library & Political	9:30 Mass 9:30 Salem and the Sea 9:30 Salem and the Sea 9:30 Shoring Club 10:30 Veterant's Coffee Hour 10:30 tww Warsts to be a Millionaire 2:30 Malking Club 2:30 Bable Study 2:30 Bable Study 6:15 Bingo	9.50 Maces 9.50 Patrick 9.50 Shalling Cub. 10.00 Shalling Cub. 10.00 Shalling Cub. 11.00 Shalling Cub. 11.00 Shalling Shalling 11.00 Shalling Shall	9:30 Fireside Chat 27 9:30 Mass 10:00 Bingo 1:30 Sorabble Quest 2:30 Boxob Ball 3:30 Happy Hourl 6:30 Movie- Ziegfield Girl
9:30 Rosary 28 10:00 Mass 1:30 Bingo 2:30 Parachute Jump! 3:00 Spooktacular Trivia 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	8.30 Mass 9.30 Chris Dey Discussion 9.30 Chris Dey Discussion 9.30 Subling Chris 10.00 Cocking Corner, Halloweer Brownies 10.30 World Games 10.30 Christia in the Statut 10.30 Mayore Montal 10.30 Mayore Montal	930 Mass 30 930 The History Trick or Treating 1000 St. 8 Fit 1000 The mespeuto Coloring Pages 1000 Chemespeuto Coloring Pages 130 Cratters' Comer. Yam Pumpkins 2100 Wanging Cub. 220 Bango Hoarf 530 Bango Hoarf 630 Mayor The Good Witch	930 Current Events & Coftee 930 Massar Memores Hollowers Edition 930 Massar Memores Hollowers Edition 1000 Use Emitsterment with Mise Desis 130 Memors Mass Social 330 Nayers Hourt Social 830 Nayers Hourt Social			

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.

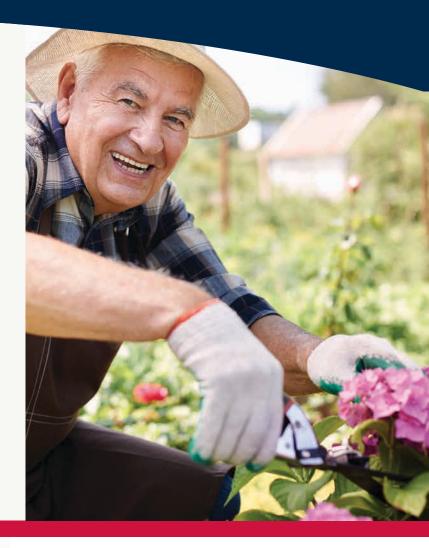
The key is to maintain a well-balanced life.

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



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