

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT RAYNHAM RESIDENTS

An Emphasis on Living!

All ★
American
ASSISTED LIVING

Being Thankful

For many Americans, Thanksgiving represents perfection in a holiday tradition: family, friends, food, shopping, and of course football. There are hundreds of reasons to be grateful. Perhaps most important is that it compels us to live in the present moment. The website, the-benefits-of-positive-thinking.com, reiterates: “It helps you to be in the present by noticing what you do have and stopping to acknowledge it. This can be the company of a person, having food, or even being able to see.”

Things you might be thankful for:

- Family, friends, neighbors and co-workers
- Your pets
- Food on the table
- Gainful employment, having a chance to be fruitful
- Being retired with time to relax
- The beauty of nature, the changing seasons, a sunset, sunrise or full moon

The power of positive thinking – shifting from the negative to the positive.

Constructively viewing life elevates the spirit. But did you know that being thankful can also impact goal attainment? By approaching life's ups and downs in a positive, productive way, you accomplish more, feel better about the job ahead and stay on course.

Conversely, dwelling on the negative can interrupt your stride and hamper productivity. For example, you may

Being Thankful cont. on back cover



Activity Highlight

Friends young and old join in for a great afternoon of Trick or Treating. Families are a big part of what makes our activities fun and meaningful! Trick or Treat is a wonderful experience for children and those young at heart.



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

Contact us for details.



Resident Spotlight

Say Hello to Elaine M., the All American Assisted Living of Elaine greets everyone with a smile and a big hello! She is a one woman Welcoming Committee.

Elaine is the proud mother of 5 children and has been foster mother to four. When asked how she managed with that many children she says "For every bit of love that you give out, you get tenfold back".

We are happy to have Elaine as part of our All American Family, and agree that the love she shares with others is a special gift to all.



Elaine M.



Employee Spotlight

Join us in congratulating Maria Vieira, the Employee of the Month

at All American Assisted Living at Raynham.

Maria has been working here at All American since we opened! She is dedicated to her job and to our residents. She strives to make sure that everything is clean and neat for all of our residents and staff. Going

above and beyond is something Maria does everyday! We appreciate all the hard work that she does on our behalf.

Everyone here at All American are happy to congratulate Maria!



Maria Vieira



Birthdays of the Month

11/05/18..... Maria Vieira.....Employee
 11/09/18..... Carol D..... Resident
 11/09/18..... Marguerite D.Resident
 11/18/18..... Edward K..... Resident
 11/20/18..... Kimberly Perry..... Employee
 11/20/18..... Casey White..... Employee




Save the Date!

Join us as we celebrate the Holiday season here at All American at Raynham, Thursday, December 13th from 5 p.m. to 7 p.m. Details to follow!



November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>9:30 Coffee & Monthly Games 9:30 Rosary 10:00 Mass 10:00 Novena A-Z 10:30 Cooking Corner Chocolate Dirty Cake 1:30 Bingo 2:30 Boozie Ball 3:30 Happy Hour! 4:30 Movie - "Resident's Choice" 6:30 New England Patriots vs Green Bay Packers</p>	<p>9:30 Mass 9:30 On this Day Discussion 9:30 Scouting Club 9:45 Dining: Ocean State Job Lot 10:00 Strength & Balance 10:30 Word Games 1:30 Card Games 2:30 Coffee & Games 2:45 Snacks 3:30 Happy Hour! 4:30 Movie: Howard's End</p>	<p>9:30 Mass 9:30 Scouting Club 9:30 Word Search Contest 10:00 Word Search 10:00 Sc & F 10:30 This Was the Year: 1988 1:30 Card Games 2:00 Walking Club 2:30 Bingo 3:30 Happy Hour! 4:30 The Carol Burnett Show</p>	<p>9:30 Mass 9:30 Current Events & Coffee 9:30 Mass 9:30 Scouting Club 10:00 Book Club 10:00 Seated Strength Class 10:30 Cooking Corner: Monkey Bread 1:30 Mass with Fr. Tom 1:45 Walking Club 2:00 Walking Club 2:30 Bingo 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Coffee & Good News Today 9:30 Mass 9:30 Scouting Club 10:00 Sc & F 10:00 Quiz 10:30 Seated Strength Class 10:30 Cooking Corner: Monkey Bread 1:30 Mass with Fr. Tom 1:45 Walking Club 2:00 Walking Club 2:30 Bingo 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 9:30 Weekly Word Puzzles 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Card Games 1:30 Uto Cards 2:30 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Card Games 1:30 Uto Cards 2:30 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>
<p>9:30 Rosary 10:00 Mass 10:30 Honoring Our Veterans 1:00 New England Patriots at Tennessee Titans 1:30 Bingo 2:30 Keep it Going Volleyball 3:00 Trivia Trivia 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Plymouth U.K. - A Sacred Heart 9:30 Scouting Club 10:00 Joyful Year Nights 10:30 Strength & Balance 1:30 Card Games 2:30 Cooking Corner: Irish Stout Day 3:00 Quiz Club 3:30 Cardo Fe 3:30 Unassisted 3:30 Happy Hour! 4:30 Movie: Teen Breakers</p>	<p>9:30 Mass 9:30 Scouting Club 9:30 The Mayflower: Then and Now 10:00 Pottery 10:00 Sc & F 10:30 Concentration 1:30 Walking Club 2:00 Live Entertainment with White D. 3:30 Happy Hour! 4:30 The Carol Burnett Show</p>	<p>9:30 Mass 9:30 Scouting Club 9:30 Who Won the Pilgrims? 10:00 Book Club 10:00 Seated Strength Class 10:30 Card Games: Bad Hatters 11:15 Lunch Dining: Olive Garden 1:30 Bingo! 2:45 Cardo Fe 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Coffee and On this Day Discussion 9:30 Mass 9:30 Scouting Club 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>
<p>9:30 Coffee & Word Games 9:30 Rosary 10:00 Cranman Crunchers 10:00 Mass 10:30 Mass & Communion 10:30 Cooking Corner: Chocolate Pudding Butterscotch Cookies 1:30 Bingo 2:30 Ladder Ball 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 On this Day Discussion 9:30 Scouting Club 9:45 Dining: Shopping at Kohl's 10:00 Brain Anatomy 10:30 Strength & Balance 1:30 Board as a Board 2:30 Cardo Fe 3:30 Trivia at Turkey 3:30 Happy Hour! 4:30 Live Entertainment with Dave Valente</p>	<p>9:30 Mass 9:30 Scouting Club 9:30 The History of Thanksgiving 10:00 Catch Phrase 10:00 Sc & F 10:30 Jeopardy! 10:30 Vietnam's Coffee Hour 1:30 Quiz Club 2:00 Walking Club 2:30 Family Food 3:30 Happy Hour! 4:30 Bob Hope</p>	<p>9:30 Mass 9:30 Current Events & Coffee 9:30 Mass 9:30 Scouting Club 10:00 Book Club 10:00 Seated Strength Class 1:30 Bingo! 2:30 Pottery Hour 3:00 Turkey Day Trivia 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>
<p>9:30 Coffee & Games 9:30 Rosary 10:00 Mass 10:30 New England Patriots at New York Jets 1:30 Bingo 2:30 Resident Birthday Celebration! 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 On this Day Discussion 9:30 Scouting Club 9:45 Dining: Shopping at Kohl's 10:00 Brain Anatomy 10:30 Strength & Balance 1:30 Board as a Board 2:30 Cardo Fe 3:30 Trivia at Turkey 3:30 Happy Hour! 4:30 Live Entertainment with Dave Valente</p>	<p>9:30 Mass 9:30 Scouting Club 9:30 The History of Thanksgiving 10:00 Catch Phrase 10:00 Sc & F 10:30 Jeopardy! 10:30 Vietnam's Coffee Hour 1:30 Quiz Club 2:00 Walking Club 2:30 Family Food 3:30 Happy Hour! 4:30 Bob Hope</p>	<p>9:30 Mass 9:30 Current Events & Coffee 9:30 Mass 9:30 Scouting Club 10:00 Book Club 10:00 Seated Strength Class 1:30 Bingo! 2:30 Pottery Hour 3:00 Turkey Day Trivia 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>	<p>9:30 Mass 9:30 Scouting Club 10:00 Mass 10:00 Random Trivia! 10:00 Strength & Balance 10:30 Cooking Corner: Pumpkin Sugar Cookies 1:30 Card Games 2:00 Seated with James! 2:30 Health Talk with James 3:30 Happy Hour! 4:30 Movie: "Resident's Choice"</p>

Being Thankful *(continued from front cover)*

get caught up on reliving the past or fretting about the future, rather than staying grounded in the present.

When you talk positively, whether out loud or to yourself, the outcomes are more likely to be positive.

Try writing down things you are thankful for every day. Realizing all you can be thankful for helps you to see things differently and react more confidently to people and situations. And you're less likely to compare what you have to others or become depressed by what you don't have.

This Thanksgiving, take time to embrace and express your gratitude fully and to look within as a way for a better life.

Sources:

<https://www.the-benefits-of-positive-thinking.com/importance-of-being-grateful.html>

<https://inspiyr.com/being-grateful/>

<https://www.cbsnews.com/news/the-health-benefits-of-being-thankful/>



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www.AllAmericanAtRaynham.com

508.822.9400

1084 Broadway
Raynham, MA 02767