



Manager's Names

Staff Directory

Pam Schrieber - Executive Director
 Michelle Desloges - Director of Nursing
 Carrie Dubiel - Business Office Manager
 Tanya Rogozinski - Sales and Marketing
 Kiana Alba - Marketing Assistant
 Carmela Silodor - Dir. of Activity Programming
 La-Shaun Brown - Rose Lane Coordinator
 Ra'Netta Fields - Dietary Director
 Steve Buchhalter - Dir. of Environmental Services



Birthdays

Birthday's

Happy Birthday!

Lois S. Feb. 4
 Marjorie F. Feb. 15
 Judy C. Feb. 21
 Monte G. Feb. 26



351 Highway 206
 Hillsborough, NJ 08844

February | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT HILLSBOROUGH RESIDENTS

An Emphasis on Living!

All ★
American
 ASSISTED LIVING

Stay Connected!

Walking with a friend in the dark is better than walking alone in the light. – Helen Keller

When we think of overcoming obstacles, it's hard to argue that anyone had more to overcome than Helen Keller. Yet Helen was human, and she didn't go it alone. There have been multiple studies on loneliness and isolation — and its potentially adverse health impact. Consequences can include increased stress (resulting in the release of cortisol) and even premature death. But there are ways to cope! Try these activities to give you a spark.

Combatting Loneliness

1. **Eat out:** Enjoy a meal and reunite with a friend.
2. **Adopt a pet:** It recharges your nurturing instincts.
3. **Join a club:** You'll meet friends who share similar interests.
4. **Visit neighbors:** Many people are looking to reconnect.
5. **Put on your walking shoes:** Malls are an ever-popular destination.

It's not always easy growing older. But at Kaplan, we are here to support you and your well-being.

Sources:

<https://www.psychologytoday.com/us/blog/out-the-ooze/201611/the-perils-social-isolation>
<https://theconversation.com/loneliness-is-bad-for-your-health-90901>
<http://blogs.einstein.yu.edu/how-loneliness-affects-the-mind-and-body/>
<https://www.bayalarmmedical.com/medical-alert-blog/6-powerful-ways-help-seniors-avoid-isolation/>



Activity Highlight

2019 is moving along! The Activities Department is making sure we're ready for the new year! We start a Bowling league! We'll be singing and dancing with Hillsborough Rockettes! We start a new Lecture series! We'll add new shopping destinations plus a special Men's Trip! Plus our regular outings like Lunch, Cinema & Catholic Mass. Check out all the fun in our Monthly Calendar! See you around the Community!



Refer a friend... get \$1,500!

Contact us for details.

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www.AllAmericanAtHillsborough.com

908-829-3157

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

					9:30 Shopping Lists 9:45 WalMart Trip 10:00 What's New What's Next 10:30 Dan's Power Hour 1:00 Cinema/Manicures 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Rest & Relaxchoice	9:30 Balloon Volleyball 10:00 Errands with John 1:00 Matinee Cinema 1:00 Afternoon Bingo 2:15 Mahjongg Learn How! 3:00 Cookies & Milk Social 6:00 Rest & Relax Groundhog Day
9:30 TV Worship Service 10:00 St. Mary's RC Trip 10:30 Livestream Catholic Church Services 11:00 Crossword Challenge 1:00 Classic Variety Show 1:15 Dime Bingo 2:30 Popcorn Social 6:30 Superbowl Sunday!	9:45 Let's Catch Up Chat! 10:00 BreadMaking Fun 10:30 Dan's Power Hour 1:00 Monday Bowlers 2:15 Bubble Pop 3:00 Walkin' & Wheelin' 3:45 CardGame Fun 6:00 Dime Bingo with Isabel	9:45 Current Events Chat 10:00 MindGames 10:30 Sit & Be Fit 1:00 Dime Bingo 2:30 How To: 3:00 Tai Chih with Dan 3:45 Mah Jongg! 6:00 Gaming with Marjorie Chinese New Year	9:45 Current Events Chat 10:00 MindGames 10:30 Dynamic Balance 11:45 Lunch OUT 1:30 HRG Lectures with Paul 2:30 Root Beer Floats & Facebook! 3:45 Rummikub! 6:00Resident Choice Cinema	9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit 1:30 Birthday Bash w/ Lorri & James! 3:00 Tai Chih with Dan 3:45 Dear Abby Chat 6:00 Bingo with Brianna	9:45 Balloon Volleyball 9:45 CVS Trip 10:00Healthy Bites with Sara 10:30 Dan's Power Hour 1:00 Cinema/Bingo 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Rest & Relax	9:30 Mocha Coffee Chat 10:00 "Letter Only" Bingo 1:00 Matinee Cinema 1:00 Saturday Bowlers 2:30 Valentine's Day Art 3:00 Cookies & Milk 6:00 Rest & Relax
9:30 TV Worship Service 10:30 Livestream Catholic Church Services 10:45 Cinnabon Baking 1:00 Classic Variety Show 1:15 Valentine's Day Craft 2:30 Popcorn Social 6:00 Rest & Relax	9:45 Let's Catch Up Chat! 10:00 Balloon Volleyball 0:30 Dan's Power Hour 1:15 Resident Council Mtng 2:30 Sing A Long 3:00 Walkin' & Wheelin' 3:45 LRC with Quarters! 6:00 Dime Bingo with Isabel	9:45 Current Events Chat 10:00 Hillsborough Rockettes Dance Show! 1:00 Romance Cinema 1:30 AC Poker with Dealer 3:00 Tai Chih with Dan 3:45 Scrabble! 6:00 Gaming with Marjorie	9:45 Trivia Chat 10:00 Balloon Volleyball 10:30 Dynamic Balance 1:00 YouTube Sillies 1:30 Valentine's Day Heart Brownies 3:00 Yahtzee! 6:00Resident Choice Cinema	9:45 Horoscopes about Love & Valentine's Day Chat 10:00 Val's Treat Bags Help 10:30 Sit & Be Fit 1:30 Flower Arranging 3:00 Tai Chih with Dan 3:30 Valentine's Day Wine & Sweets Social 6:00 Bingo with Brianna Valentine's Day	9:45 Balloon Volleyball 10:00 MindGames 10:30 Dan's Power Hour 12:45 Amish Market Trip 1:00 Matinee Cinema 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Rest & Relax	9:30 Balloon Volleyball 10:00 Errands with John 1:00 Matinee Cinema 1:00 Afternoon Bingo 2:15 Mah Jongg! 3:00 Cookies & Milk Social 6:00 Rest & Relax
9:30 TV Worship Service 10:00 St. Mary's RC Trip 10:30 Livestream Catholic Church Services 11:00 Crossword Challenge 1:00 Classic Variety Show 1:15 Dime Bingo 2:30 Popcorn Social	9:45 Let's Catch Up Chat! 10:30 Dan's Power Hour 1:00 Monday Bowlers 2:15 The Oscars-Dresses 3:00 Walkin' & Wheelin' 3:45 CardGame Fun 6:00 Dime Bingo with Isabel Presidents' Day (US)	9:45 Current Events Chat 9:45Men's Barber Shop Trip 10:00 MindGames 10:30 Sit & Be Fit 1:00 Classic Cinema 1:15 Dime Bingo 3:00 Tai Chih with Dan 3:45 Yahtzee! 6:00 Gaming with Marjorie	9:45 Current Events Chat 10:00 Pizza Lunch Meeting 10:30 Dynamic Balance 11:00 Fr. John/Catholic Mass 11:45 Lunch OUT 1:00 TED Talks / Dime Bingo 2:30 Orange Cream Floats & Facebook! 3:45 Rummikub! 6:00Resident Choice Cinema	9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit 1:30 Food Council Meeting 2:15 Yahtzee 3:00 Tai Chih with Dan 3:45 Crossword Challenge 6:00 Bingo with Brianna	9:45 Schedules & Lists 9:45 Xmas Tree Shop Trip 10:00 YouTube Sillies 12:00 Pizza Bunch Lunch 1:00 Cinema/Bingo 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Resident Choice Cinema	9:30 Caramel Latte Chat 10:00 "Letter Only" Bingo 1:00 Matinee Cinema 1:00 Saturday Bowlers 2:30 Yarn & Stitches 3:00 Cookies & Milk 6:00 Rest & Relax
9:30 TV Worship Service 10:00 Livestream Church Services 10:00 French Café Au Lait 1:00 DESTINATIONS Paris 1:15 Bubble Pop 2:30 Popcorn Social 6:00 Rest & Relax	9:45 Let's Catch Up Chat! 10:30 Dan's Power Hour 1:30 DESTINATIONS Baking Palmier Cookies 1:00TEDTalks/Bubble Pop 3:00 Walkin' & Wheelin' 3:45 LRC For Fun! 6:00 Dime Bingo with Isabel	9:45 Current Events Chat 10:00 Breadmaking Fun 10:30 Sit & Be Fit 1:00 DESTINATIONS Cinema 1:15 Dime Bingo 3:00 Tai Chih with Dan 3:45 Yarn & Stitches 6:00 Gaming with Marjorie	9:45 Trivia Chat 10:00 Balloon Volleyball 10:30 Dynamic Balance 1:00 Cinema OUT 1:30 Facebook Fun w/ Root Beer Floats 2:15 DESTINATIONS Cards 3:45 Rummikub! 6:00Resident Choice Cinema	9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit 1:30 Artists Corner w/Kiyoko 3:00 Tai Chih with Dan 3:45 Mah Jongg! 6:00 Bingo with Brianna		