



## Resident Spotlight

Thank you Lillian S. for joining our All American knitting group and making 20 preemie hats for the Neo Natal Nursery to keep the tiny babies warm. Lillian has also knitted many pairs of mittens for her church. We are always looking for new members to join our group!



## Employee Spotlight

When you hear the name Tracey Hamlin-Landry, Executive Director at All American at Londonderry the 1st thought that comes to mind is A Team Leader. Tracey can be found throughout the building pitching in where ever needed. Tracey would never ask an Associate to do anything that she isn't willing to do herself. Thank you Tracey for your undying support and encouragement ! You mean the world to us!



*Our Team Leader*

February | 2019

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT LONDONDERRY 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

A huge thank you to Resident Paul VanScoten's daughter Pam Martell and her friends for entertaining us with a hilarious skit. We had a blast!



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

*Contact us for details.*

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603-537-9898



# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>NATIONAL WEAR RED DAY</b> to support the American Heart Association 9:45 Exercise Card Game 10:15 <b>VETERANS COFFEE CLUB</b> 10:30 Craft Corner: Beaded Heart Pins 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 Happy Hour featuring Strawberry Daiquiris 6:15 Comedy Movie Night	<b>GROUNDHOG DAY</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Cheers! Happy Hour! 6:15 Feature Film: Groundhog Day
<b>SUPER BOWL SUNDAY!</b> 9:15 <b>OUTING: Catholic Mass at St Jude's</b> 10:00 TV Catholic Mass 1:30 Indoor Walking Group 2:00 <b>CARICATURES with Liane Brown</b> 4:00 Color & Conversation 6:30 <b>SUPERBOWL PARTY!</b>	9:00 Strolling Club 9:30 <b>SHOPPING: Market Basket</b> 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Mudslide Monday Happy Hour 6:15 Mens Choice Movie Night	<b>CHINESE NEW YEAR</b> 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Craft Corner: Chinese Lanterns 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 <b>FOOD COUNCIL MEETING</b> 2:30 Dynamic Walking Club 3:00 Happy Hour with Chinese Punch & Chinese Fortunes 6:15 Womens Choice Movie Night	9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	9:00 Beauty Salon Opens 9:45 Strength & Balance 10:30 <b>RESIDENT COUNCIL MEETING</b> 1:30 Bridge Club 1:30 Cribbage Club 2:00 <b>MARLENA ENTERTAINS!</b> 3:00 Cocktails & Conversation 6:15 Classic Movie Night	<b>NATIONAL POTATO LOVERS DAY</b> 9:45 Exercise Card Game 10:30 'Hot Potato' Game 1:30 Walking Group 2:00 Brain Teasers 2:30 Tai Chi with Justin 3:00 Happy Hour with Potato Chips & Dip 6:15 Comedy Movie Night	<b>NATIONAL CHOCOLATE KISS DAY</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo with Hershey Kisses 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
9:15 <b>OUTING: Catholic Mass at St Jude's</b> 10:00 TV Catholic Mass 1:30 Indoor Walking Group 2:00 Bowling 3:00 Scattergories Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	<b>FRENCH CHEF DAY</b> Westminster Dog Show- Day 1 9:00 Strolling Club 9:30 <b>SHOPPING: Walmart</b> 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Happy Hour featuring 'The French Connection' Signature drink 6:15 Feature Film: Julie and Julia	<b>ABE LINCOLN'S BIRTHDAY</b> Westminster Dog Show- Day 2 9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Culinary Creations: Chocolate Hearts 10:30 Hymn, Sing & Gospel 1:30 Candy Bar Bingo 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 6:30 Feature Film: Lincoln	9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:30 Sing Along 11:30 <b>LUNCH OUTING: Lobster Boat</b> 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 Residents Choice Movie Night	<b>VALENTINE'S DAY</b> 9:00 Beauty Salon Opens 9:45 Strength & Balance 10:30 'Guess the Hollywood Couples' Game 1:30 Bridge Club 1:30 Cribbage Club 2:30 Walking Club 3:00 Valentines Party & Cupid's Cocktails 4:00 Uno Card Game 6:15 Romance Film: Be My Valentine	<b>NATIONAL GUMDROP DAY</b> 9:45 Exercise Card Game 10:30 Culinary Creations: Gum Drop Bread 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga with Justin 3:00 <b>MARK S. ENTERTAINS AT HAPPY HOUR!</b> 6:15 Comedy Movie Night	9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 <b>Wedding Vow Renewal Ceremony</b> 2:30 Balloon Volleyball 3:00 Cheers! Happy Hour! 6:15 Residents Choice Movie Night
9:15 <b>OUTING: Catholic Mass at St Jude's</b> 10:00 TV Catholic Mass 1:30 <b>ST JUDE'S KIDS VISITING</b> 1:45 Craft Corner: Painting Party 2:00 Corn Hole Game 3:00 Word In A Word Game 6:15 Residents Choice Movie Night	<b>PRESIDENTS' DAY</b> 9:00 Strolling Club 9:30 <b>SHOPPING: The Dollar Tree</b> 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Happy Hour & Presidents Trivia 6:15 Mens Choice Movie Night	9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Hymn, Sing & Gospel 12:30 <b>NEW RESIDENT LUNCHEON</b> 1:30 Candy Bar Bingo 2:30 Dynamic Walking Club 3:00 Trivia Tuesdays Happy Hour 4:00 Jigsaw Puzzles 6:15 Womens Choice Movie Night	9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:15 Chorus Rehearsal 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:15 <b>OUTING: Pinkerton Jazz Concert</b> 6:30 Residents Choice Movie Night	9:00 Beauty Salon Opens 9:45 Strength & Balance 10:30 Culinary Creations: Cherry Tarts 1:30 Bridge Club 1:30 Cribbage Club 2:00 Left Center Right Dice Game 2:30 Walking Club 3:00 Cocktails & Conversation 6:15 Classic Movie Night	<b>WASHINGTON'S BIRTHDAY</b> 9:45 Exercise Card Game 10:30 Indoor Golf 1:30 Walking Group 2:00 <b>DEVEREUX GEIGER ENTERTAINS!</b> 3:00 Happy Hour featuring Cherry Tarts & Cocktails 6:15 Comedy Movie Night	<b>GIRL SCOUT COOKIE DAY</b> 9:45 Saturday Morning Stretch 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Cheers to GS Cookies & Cocktails! 6:15 Residents Choice Movie Night
9:15 <b>OUTING: Catholic Mass at St Jude's</b> 10:00 TV Catholic Mass 1:30 Indoor Walking Group 2:00 Corn Hole Game 3:00 Last Letter Word Game 4:00 Color & Conversation 6:15 Residents Choice Movie Night	9:00 Strolling Club 9:30 <b>SHOPPING: Market Basket</b> 9:45 Resistance Training Exercise 10:30 Manicures, Mimosas & Melodies 1:30 Walking Group 2:00 Sports Club 3:00 Margarita Monday Happy Hour 6:15 Mens Choice Movie Night	9:00 Beauty Salon Opens 9:45 Strength, Mobility & Balance 10:30 Culinary Creations: Pizzelles 10:30 Hymn, Sing & Gospel 1:15 Candy Bar Bingo 2:00 <b>Health Discussion with Justin</b> 3:00 Happy Hour & Wine Tasting 6:15 Womens Choice Movie Night	<b>NATIONAL 'WOULD YOU RATHER?' DAY</b> 9:00 Beauty Salon Opens 9:00 Strolling Club 9:15 <b>OUTING: Leach Public Library</b> 9:45 Sit & Fit 10:15 Chorus Rehearsal 11:30 <b>LUNCH OUTING: Olive Garden</b> 1:00 Communion & Prayer Service 2:00 Sports Club 3:00 Happy Hour & 'Would you Rather?' 6:15 Feature Film: Roman Holiday	<b>NATIONAL FLORAL DESIGN DAY</b> 9:00 Beauty Salon Opens 9:45 Strength & Balance 10:30 Craft Corner: Flower Arranging 1:30 Bridge Club 1:30 Cribbage Club 2:30 Walking Club 3:00 <b>Celebrate February Birthdays: Cupcakes &amp; Cocktails!</b> 4:00 Scrabble 6:15 Classic Movie Night		All activities and times are subject to change without notice.  Please check the daily schedules for updates.