

**STATE  
STREET**  
ASSISTED LIVING

# *State Street Assisted Living Newsletter*

## September 2017

## **Social Isolation and Caregiving – How It Happens and How We Can Help**

It can be isolating for yourself and/or your loved one to be at home with the only interaction you have being from a caregiver—whether it be a relative, a spouse, or a paid caregiver. Though doing all you can to stay at home, you start to see a cycle of isolation beginning for both parties involved—which leads to unintended consequences of health deterioration for all involved.

“Caregiving is done with a lot of love and affection, but there’s a lot of loss involved,” said Carey Wexler Sherman, a gerontologist at the University of Michigan Institute for Social Research. “People talk about friends disappearing, about even family members not wanting to be involved. It’s a lonely business.”

Sometimes, caregivers isolate themselves. Barbara Moscovitz, senior geriatric social worker at Massachusetts General Hospital, hears clients lament that with a loved one whose dementia-related behavior can be startling, venturing out in public creates more apprehension than pleasure.

“They say, ‘I’m exhausted trying to explain to people why she’s doing what she’s doing, why they shouldn’t be angry or afraid,’” Ms. Moscovitz said. “It’s just easier to stay home.”

Yet a habit of avoiding others—or watching them avoid you—collides with a growing body of research showing how damaging isolation and loneliness can be. They are associated with a host of ills, including heart disease and stroke. Among older people, isolation is linked to depression, even higher mortality. Lonely old people, Dutch researchers have found, are more apt to develop dementia.

We’ve long thought of these factors as dangers for the people being cared for. But they also imperil caregivers, who are often older adults as well.

We know something about how to help caregivers feel less alone. Researchers have shown that even modest-sounding interventions can reduce their sense of isolation and improve their mental and physical health.

Support groups at our community, led by professionals in the field of gerontology, create a social network and outlet for caregivers

to reduce that isolation. This is often a great first step for people to explore what senior living is all about and done so in a non-threatening manner. In meeting others that are going through the same issues that you are, connections are made and the cloud of isolation starts to deteriorate. Please call us today at the community to learn more about our support groups or others in the area.



On August 17th we had the State street Luau!! It was great fun with family, friends and a delicious meal cooked and served by our own Sue Long. We enjoyed great entertainment from Skye Brady playing music we all sang and danced to. Family danced with their loved ones and great memories were made. It was a fun evening and we look forward to doing it again next year.





## Resident Of The MONTH



**Angie Smith**



## Employee Of The MONTH

**Theresa Chavis**  
(camera shy)

### September symbols:

Virgo and Libra

September birthstones the Sapphire.

Its birth flower are the forget me not, morning glory and Aster, meaning powerful love.

The Western zodiac signs for the month of September are Virgo (until August 22) and Libra (from August 23 onwards).



### “Happy Hour w/Imagine!”

Friday 09/01

Lobby-2:00-3:00pm

### “Lunch at Red Lobster”

Thursday 09/07

Outing 11:00am

Please sign up.

### “Banana Split Social”

Wednesday 09/13

Parlor 6:00pm

Community Room 6:00pm

### “Crab and Shrimp Feast”

Thursday 09/14

Community Room

2:00 – 3:00pm

### “Happy Hour Hoe Down”

Friday 09/15

Lobby 2:00 – 3:00pm

**Come and enjoy these great events with us here at State Street.**

### Resident Birthdays:

Evelyn Jaggie ..... 9/12

William Pardee..... 9/25

Sandy Dole..... 9/27

**HAPPY BIRTHDAY TO OUR RESIDENTS!**



## Staff Directory of DEPARTMENT HEADS

**Executive Director**

**Mary Drandorff**

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**Director of Nursing**

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**Jacqueline Thomas**

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**Sue Long**

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**Maintenance Director**

**Chris Lagrassi**

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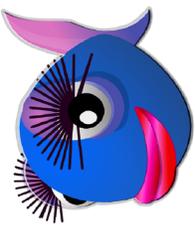
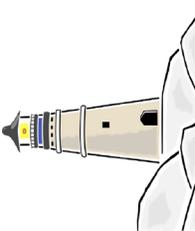
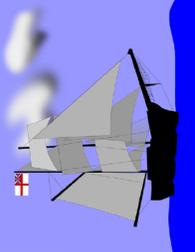
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## September 2017

# Celebrating National Assisted Living Week September 10th-16th 2017!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Assisted Living</b></p> <p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Stack Attack Game 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo 2:00 Victory Chapel Services (P) 3:15 Kings In a Corner 6:30 Billiards (LR3)</p>	 <p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 8:30 Tic Tac Toe 10:00 Strength &amp; Balance w/Keith 1:00 Crochet Club 2:00 Ice Cream Truck (L) \$\$ 2:00 Bingo 3:15 Zoot Suit Card Game 6:30 Movie Night (LR3)</p>	 <p>8:00 Crossword Puzzle 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 1:00 Phase 10 2:00 Outing Walmart \$\$ 2:00 Skip Bo 3:00 Farkle Party Game 6:30 The Dot Game</p>	 <p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Garden Club 10:00 Strength &amp; Balance w/Keith 1:00 Crafts 2:00 Resident Council 3:00 Bingo 6:30 Ice Cream Truck (L) \$\$ 6:30 Movie Night (LR3)</p>	<p>Community Room = CR Lobby = L Living Room = 3FLR All Floors = AF Parlor = P 2nd Floor Living Room = 2FLR Walmart = W Red Lobster = RL Country Ride = CR Dollar Tree = DT Parlor/Dining Room = PR Payer's Ice Cream = BIC Nights = N Big Lots = BL</p> <p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 11:00 Outing Lunch Red Lobster \$\$ 1:00 Scattergories 2:00 Ice Cream Truck (L) \$\$ 2:00 Connect 4 3:00 Bible Brain Quest 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 10:00 Bingo 1:00 The Moment of Truth Game 1:00 Sorry Game 2:00 Happy Hour w/ Music (P) 3:15 Uno Attack 6:30 Movie Night (LR3)</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Crafts 10:00 Super Big Boggle 1:00 Rummy 2:00 Bingo 3:15 Coloring Relaxation 6:30 Billiards (LR3)</p>
<p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Bananagrams 10:00 Outing Country Ride 10:30 Catholic Communion (AF) 1:00 Family Game Day 2:00 Bingo 3:15 Buzz Word 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 10:00 Strength &amp; Balance w/Keith 1:00 Mega Bingo 2:00 Ice Cream Truck (L) \$\$ 6:30 Movie Night (LR3)</p>	<p>8:00 Crossword Puzzle 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 1:00 Spa Day 2:00 Outing Dollar Tree \$\$ 6:30 The Dot Game</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Garden Club 10:00 Strength &amp; Balance w/Keith 1:00 Jewelry Crafts 2:00 Bingo 3:15 Last Word Game 6:00 Banana Split Social (P) 6:30 Ice Cream Truck (L) \$\$</p>	<p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 10:00 Bayada Donut &amp; Pastry Social 1:00 Hangman 2:00 Ice Cream Truck (L) \$\$ 2:00 Crab Feast (P) 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 8:30 Morning Stroll (L) 10:00 Bingo 1:00 Newspaper Circle &amp; Coffee 2:00 Happy Hour Hoe Down (L) 6:30 Movie Night (LR3)</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Smores Card Game 10:00 Newspaper Circle &amp; Coffee 1:30 Minute to Win It Gaming Spectacular 6:30 Billiards (LR3)</p>
<p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 10:00 Outing Country Ride 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo 2:00 Victory Chapel Services (P) 3:15 Giant Spoons Game 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 10:00 Crochet Club 2:00 Ice Cream Truck (L) \$\$ 2:00 Bingo 3:15 Checkers 6:30 Movie Night (LR3)</p>	<p>8:00 Crossword Puzzle 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 1:00 Scrabble Slam 2:00 Outing Byley's Ice Cream \$\$ 3:15 Terra Card Game 6:30 The Dot Game</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Garden Club 10:00 Strength &amp; Balance w/Keith 1:00 Crafts 2:00 Bingo 3:15 Skip Bo Jackpot 6:30 Ice Cream Truck (L) \$\$ 6:30 Movie Night (LR3)</p>	<p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 11:00 Outing Lunch Noodles &amp; Company \$\$ 1:00 Guesses 2:00 Ice Cream Truck (L) \$\$ 2:00 Beach Ball Volleyball 3:15 Trouble Game 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 10:00 Bingo 1:00 Cribbage 2:00 Happy Hour w/Music (P) 3:15 Tic Tac Toe 6:30 Movie Night (LR3)</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Crafts 10:00 Skip Bo 1:00 Dominos 2:00 Bingo 3:15 5 Second Rule 6:30 Billiards (LR3)</p>
<p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Parcheesi 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo 2:00 Bible Fellowship Services (P) 3:15 Uno Spin 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 10:00 Strength &amp; Balance w/Keith 1:00 Crochet Club 2:00 Ice Cream Truck (L) \$\$ 2:00 Bingo 3:15 Jewelry Crafts 6:30 Movie Night (LR3)</p>	<p>8:00 Crossword Puzzle 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 1:00 Uno 2:00 Outing Big Lots \$\$ 3:15 Scrabble Slam 6:30 The Dot Game</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Garden Club 10:00 Strength &amp; Balance w/Keith 1:00 Wheel of Fortune Bingo 2:00 Bingo 3:15 Uno Dare 6:30 Ice Cream Truck (L) \$\$ 6:30 Movie Night (LR3)</p>	<p>8:00 Word Scramble 8:30 Bird Watching &amp; Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie &amp; Popcorn (LR3) 1:00 Blink Card Game 2:00 Ice Cream Truck (L) \$\$ 2:00 Birthday Bash 3:00 Trivia 6:30 Billiards (LR3)</p>	<p>8:00 Search A Word Puzzles 8:30 Bird Watching &amp; Feeding (FP) 10:00 Bingo 1:00 Uno Wild Jackpot 2:00 Happy Hour w/Music (P) 3:15 Reminiscing Board Game 6:30 Movie Night (LR3)</p>	<p>8:00 Coloring Relaxation 8:30 Bird Watching &amp; Feeding (FP) 8:30 Beach Ball Volleyball 10:00 Yahtzee 1:00 Super Big Boggle 2:00 Bingo 3:15 Playing Card Bingo 6:30 Billiards (LR3)</p>

# Healthy Living – Booster Shots Are Recommended for Seniors

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Most people think that vaccinations are just for kids, but adults, especially seniors who tend to have weaker immune systems, need their shots too. Here's a rundown of what vaccines the Centers for Disease Control and Prevention (CDC) recommends for seniors 65 and older, and how they're covered by Medicare.

**Flu (Influenza):** While you probably already know that flu shots are recommended every fall to all seniors, you may not know that those over 65 also have the option of getting a high-dose flu vaccine instead of a regular flu shot. This vaccine-known as the Fluzone High-Dose-has four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection. All annual flu shots are covered under Medicare Part B.

**Td/Tdap (tetanus, diphtheria, pertussis):** A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough), is recommended to all adults. All Medicare Part D prescription drug plans cover these vaccinations.

**Pneumococcal:** This vaccine protects against pneumonia. It is now recommended that all seniors, 65 or older, get two separate vaccines - Pevnar 13 and Pneumovax 23 - at different times. Medicare Part B covers both shots if they are taken at least 11 months apart.

**Shingles (zoster):** All people over age 60 should get the Zostavax vaccine, even if they've had shingles before. All Medicare Part D prescription drug plans cover this one-time vaccination.

To help you get a handle on which vaccines are appropriate for you, talk to your doctor during your next visit about what vaccinations you should get.

If you can't remember which vaccines you've already had, check with your past doctors to see if they have any records, or contact your state's health department. If you can't locate your records, your doctor can give you blood tests to see if you're immune to certain vaccine-preventable diseases.



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