



STATE  
STREET  
ASSISTED LIVING

## State Street Assisted Living Newsletter October 2017

### Keeping Strength and Mobility Top of Mind – A Fall Can Be Really Bad News

If you're 65 or older, it's very important for you to remain upright. Being a resident at one of our communities means you have access to a tremendous amount of wellness classes, exercise groups, and many ways to keep your strength top of mind.

Falls are a common danger facing people as they age, and a new study shows the importance of avoiding that first one.

The findings, published this week in *Annals of Emergency Medicine*, showed that more than half the seniors who went to the emergency room (ER) because of a fall either had additional falls, had to be hospitalized, or died within six months.

"Our study shows an even higher rate of adverse events than previous studies have," said lead study author Jiraporn Sri-on, MD, of Navamindradhiraj University in Bangkok, Thailand.

#### Role of medication

And if an older person happened to be taking psychiatric medication or a sedative, he or she was even more likely to quickly suffer fall-related adverse effects.

"This is concerning because these types of drugs are commonly prescribed for elderly patients in community and residential care settings," Sri-on said.

The study looked at patients 65 or older who were treated in the ER for injuries as the result of a fall. It found that a small minority -- 7.7% -- developed adverse events within a week. For most, it took a little longer for other problems to develop. More than 20% reported additional issues within 30 days while 50% suffered an additional setback within six months.

#### The statistics

Within that period, 22.6% had at least one additional fall, 42.6% had to revisit the ER, 31.1% required a hospital stay, and 2.6% died.

Sometimes, a fall by an elderly person is caused by an underlying medical condition. The fall is simply a symptom of a larger problem.

But the researchers say medication no doubt plays a significant role in raising the risk. They say besides taking psychiatric drugs or

sedatives, patients taking five or more medications were more likely to suffer a fall.

The study concludes that ER personnel have a huge opportunity to reduce the adverse event rate among older patients who have fallen. A simple step, the researchers say, would be to follow existing fall guidelines and educate older patients on safety steps to reduce future falls.



### ACTIVITY HIGHLIGHT

State Street celebrated our very first puppy party. We have a Resident by the name of Lyda who has a puppy named Jeffy. Jeffy is liked by all the residents and staff of State Street. Ms Lyda takes Jeffy around to residents to help put a smile on their face. In honor of his second birthday we gave him a birthday party. It was a first at State Street and it was an exciting event. He had the cutest birthday hat, many gifts from staff and residents and he even had the perfect pose for his picture. Ms. Lydas' son is holding him in his birthday hat and Ms Lyda herself is being hugged by a staff member in honor of her puppys' birthday. We had an very nice time celebrating Jeffy's 2nd birthday!





## Resident Of The MONTH



**Barbara Lindinger**



## Employee Of The MONTH



**Akira Wayman**



## Staff Directory of DEPARTMENT HEADS

**Executive Director**

**Mary Drandorff**

mdrandorff@statestreetal.com

**Director of Nursing**

**Zandra Sauers**

zsauers@statestreetal.com

**Director of Sales and Marketing**

**Sara Poore**

spoore@statestreetal.com

**Business Office Director**

**Diane Miller**

dmiller@statestreetal.com

**Rose Lane Coordinator**

**Davi Bhagwandin**

dbhagwandin@statestreetal.com

**Activities Director**

**Jacqueline Thomas**

jthomas@statestreetal.com

**Dining Services Director**

**Sue Long**

slong@statestreetal.com

**Maintenance Director**

**Chris Lagrassi**

clagrassi@statestreetal.com

## SAVE THE DATE (Events of This month)

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

### Resident Council

Wednesday, Oct. 4 | 2pm  
Community Room

### Happy Hour w/Sky Brady

Friday, Oct. 6 | 2pm  
Lobby

### Pretzel & Beer Social

Friday, Oct. 13  
Community Room

### Octoberfest

Thursday, Oct. 19  
Lobby/Dinning Room

### Corporate Kids visits

Thursday, Oct 26  
Lobby/Community Room

### Halloween Party

Tuesday, Oct 31  
Lobby Area

**We hope to see you there!**

### Resident Birthdays:

Ken Wooster ..... 10/4	Norma Stoltenberg .....10/28
Olga Galgano ..... 10/8	Dee Ball.....10/30
Mary Sue Thawley .....10/9	Margaret Slaughter ..... 10/31
Anna Massey.....10/11	Donald Clark..... 10/31
Helen Wickert ..... 10/17	
Fay Siedel.....10/26	

Happy Birthday to our Residents!

### Employee Birthdays:

Bonface Osongo .....10/3	Sara Poore.....10/22
Henrietha Ebako .....10/9	Beverly Letterman ..... 10/24
Emily Sebastian.....10/11	Harold Casas.....10/26
Aletha Bordely..... 10/12	
Shelly Ann Campbell..... 10/20	

Happy Birthday to our staff!

Month: October

Stone: Rubellite or Red Tourmaline

Meaning: Healing

Color: Pinkish Red






**Find us on  
facebook**





STATE  
STREET  
ASSISTED LIVING

## October 2017 Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Rummy (CR) 10:30 Catholic Communion 1:00 Afternoon Stroll (L) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Skip Bo (CR) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Spice Cookie Baking (CR) 1:30 Store Open (CR) 2:00 Ice Cream Truck (FP) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (LR3)	8:00 Crossword Puzzle (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Residents Right Meeting (CR) 1:00 Pumpkin Fun Nonsense (CR) 2:00 Outing Trifer Orchards 2:30 Word in a Word (CR) 6:30 The Dot Game (CR)	8:00 Coloring Relaxation (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Uno (CR) 1:30 Store Open (CR) 2:00 Resident Council (CR) 3:00 Bingo (CR) 6:30 Movie Night (LR3) 6:30 Billiards (LR3)	8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Balloon Volleyball (CR) 2:00 Outing Walmart 2:00 Fall Craft (CR) 3:00 Rummy (CR) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Morning Stroll (FP) 10:00 Bingo (CR) 1:00 Bananagrams (CR) 1:30 Store Open (CR) 2:00 Happy Hour with Sky Brady (L) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	8:00 Coloring Relaxation (FP) 7 8:30 Bird Watching & Feeding (FP) 8:30 Morning Stroll (FP) 10:00 Coffee & Reminiscing (CR) 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 3:00 Coloring Relaxation (CR) 6:30 Billiards (LR3)
8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Fall Foliage Country Ride 10:30 Catholic Communion 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 3:00 Trivia on the Front Porch (FP) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Owl Leaf decorating craft (CR) 1:30 Store Open (CR) 2:00 Ice Cream Truck (FP) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	8:00 Crossword Puzzle (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Fall Coloring Pages (CR) 2:00 Outing Dollar Tree 3:00 Rummy (CR) 6:30 The Dot Game (CR)	8:00 Coloring Relaxation (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Fall Magazine Scavenger Hunt (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Fall Foliage Country Ride 1:30 Resident Activity Meeting (CR) 2:00 Pretzel & Beer Social (CR) 3:00 Uno (CR) 6:30 Movie Night (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Morning Stroll (FP) 10:00 Bingo (CR) 1:30 Store Open (CR) 2:00 Pretzel & Beer Social (CR) 3:00 Uno (CR) 6:30 Movie Night (LR3)	8:00 Coloring Relaxation (CR) 14 8:30 Bird Watching & Feeding (FP) 10:00 Fall Fun Craft (CR) 1:00 Rummy (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billiards (CR)
8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Fall Foliage Country Ride (L) 10:30 Catholic Communion 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Puzzles (CR) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Ice Cream Truck (FP) 2:00 Bingo (CR) 3:00 Bananagrams (CR) 6:30 Movie Night (LR3)	8:00 Crossword Puzzle (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Halloween Trivia (CR) 2:00 Outing Byley's Ice Cream 3:00 Rummy (CR) 6:30 The Dot Game (CR)	8:00 Coloring Relaxation (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 The Tower Game (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Rummy (CR) 2:00 Walk at Silver Lake Park 3:00 Oktoberfest w/Entertainment (L) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Morning Stroll (FP) 10:00 Bingo (CR) 1:30 Store Open (CR) 2:00 German Chocolate Cake Social (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (LR3)	8:00 Coloring Relaxation (CR) 21 8:30 Bird Watching & Feeding (FP) 10:00 Fall Craft (CR) 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billiards (LR3)
8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Rummy (CR) 10:30 Catholic Communion 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 3:00 Word in a Word (CR) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (FP) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Ice Cream Truck (FP) 6:30 Movie Night (LR3)	8:00 Crossword Puzzle (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Fall Coloring Pages (CR) 2:00 Outing Big Lots 3:00 Card Playing/Residents Choice (CR) 6:30 The Dot Game (CR)	8:00 Coloring Relaxation (CR) 24 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Fall Coloring Pages (CR) 2:00 Outing Big Lots 3:00 Card Playing/Residents Choice (CR) 6:30 The Dot Game (CR)	8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Corporate Kids In Costumes (CR&L) 2:00 Puzzles (CR) 2:00 Birthday Bash (CR) 3:00 Trivia (CR) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Morning Stroll (FP) 10:00 Bingo (CR) 1:30 Store Open (CR) 2:00 Happy Hour (L) 3:00 Balloon Volleyball (CR) 6:30 Movie Night (LR3)	8:00 Coloring Relaxation (CR) 28 8:30 Bird Watching & Feeding (FP) 10:00 Coffee & Reminiscing (CR) 1:00 Beach Ball Volleyball (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billiards (LR3)
8:00 Word Scramble (CR) 8:30 Bird Watching & Feeding (FP) 10:30 Catholic Communion 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 2:00 Bible Fellowship Services (P) 3:00 Big Crossword Puzzle (CR) 6:30 Billiards (LR3)	8:00 Search A Word Puzzles (CR) 8:30 Bird Watching & Feeding (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie Night (LR3)	8:00 Crossword Puzzle (CR) 8:30 Bird Watching & Feeding (FP) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Halloween Cookie Baking (CR) 1:00 Costume Dressing for Halloween (CR) 2:00 Halloween Party (L) 3:00 Card Playing/Residents Choice (CR) 6:30 The Dot Game (CR)	<b>Locations for Activities:</b>  <b>Community Room (CR)</b> <b>Lobby (L)</b> <b>Parlor (P)</b> <b>Living Room 2nd Floor (LR2)</b> <b>Living Room 3rd Floor (LR3)</b> <b>All Floors (AF)</b>			 Happy Halloween!!! Oct. 31st

# Why We Get Our Flu Shots in the Fall

---

With the 2017 flu season just around the corner, you've probably already started getting inundated with reminders to get your flu shot. But why do we get the flu vaccine in the fall? And why do we have a flu season in the fall and winter, anyways?

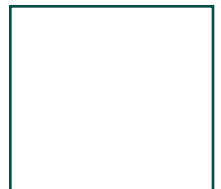
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between December and February, according to the Centers for Disease Control (CDC). Furthermore, the strains of flu virus that are most prevalent change from year to year, which is why new flu vaccines must be formulated almost annually.

The reason that vaccination campaigns begin as early as late August is because it actually takes a while for the flu shot to kick in. "It takes about two weeks after vaccination for antibodies to develop in the body," according to Vaccines.gov. "In the meantime, you are still at risk

for getting the flu. That's why it's better to get vaccinated early in the fall, so you are protected before flu begins spreading in your community."

Even if you don't get a flu vaccine before October, as is considered ideal, public health officials recommend that everyone aged 6 months and older- including pregnant women in any trimester, and those with compromised immune systems such as small children and the elderly, get their seasonal flu shots in order to protect both themselves and those around them.

While Americans are pretty bad at getting their flu shots, public health experts tout their efficacy. Flu vaccine effectiveness can vary widely from year to year since scientists essentially have to try and predict which strains will be most prevalent, but is generally found to reduce flu illness risk by 40% to 60%. The most common side effects are soreness around the injection site, headache, fever, nausea, and muscle aches, and are generally mild.



**STATE  
STREET**  
ASSISTED LIVING

21 North State Street, Dover, DE 19901

---

---

---

---