

# **Recognizing Signs of Depression in Your Loved One**

Going into fall leads to less daylight and earlier darkness. This change can onset seasonal depression in some people. That being said, it is important to look for warning signs.

Aging brings changes to older adults' lifestyles. With stressful life events such as the death of a spouse, worrying about having enough money for retirement, and dealing with chronic health conditions, it's understandable that some seniors may feel down from time to time.

However, depression is not a normal part of the aging process. Depression interferes with daily life and may have an impact on seniors' energy levels, sleeping habits, appetites and more. Many older adults may not even realize what they're feeling is more serious than just sadness or negativity. It can be tough to break out of the rut depression brings, but with the right support and treatment, your loved one can get back to enjoying a happy, fulfilling life.

Because of the negative health effects associated with depression, it's important to be able to identify the signs of clinical depression. These signs include:

- Loss of interest in activities previously enjoyed
- Social isolation or no desire to spend time with friends or family
- Sudden weight loss or loss of appetite
- Changes in sleep habits: trouble falling or staying asleep or sleeping more than normal
- Neglecting to take care of themselves, forgetting to take meds or change their clothes



- Lack of energy and motivation
- Having difficulty concentrating or staying focused
- Slower movements or speech
- Behaving out of character, being moody or irritable
- Loss of self-esteem

It's important to recognize that depression is also a side effect of some common medical conditions in seniors like stroke, diabetes, dementia, heart disease, multiple sclerosis and some cancers.



Here at State Street Assisted Living we had one of our lovely residents celebrate her birthday. This is worth mentioning because she reached an age that many ever get to see. Ms Olga Golgano turned 100 years old on October 8th 2017. She is a little lady who is till going strong. Ms. Olga is a delightful, pleasant, and a joy to be around. When Mayor Christiansen asked her a question about her age her answer was "I want a corner piece of that cake, a big piece', we all got a big laugh. We made sure she got a big corner piece of cake. It was a nice honor for Ms. Olga and she was very appreciative.









Mrs. Fay Herald



Latasha Wright

Happy hour with Sky Brady

Friday Nov. 17<sup>th</sup> | 2pm

Lobby

**Resident Birthday Bash** 

Thursday Nov. 30<sup>th</sup> | 2pm

**Community Room** 

# **SAVE THE DATE** (Events of This month)

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

Resident Council Wednesday, Nov. 1<sup>th</sup> | 2pm Community Room

Happy Hour w/Imagine Friday, Nov. 3<sup>rd</sup> | 2pm Lobby Music with Swinging Notables Monday, Nov. 6<sup>th</sup> | 3pm Lobby

Remembering our Veterans Social Friday Nov. 10<sup>th</sup> | 2pm Lobby

### We hope to see you there!

## **Resident Birthdays:**

Angela Maisto 11/2	Elva Wilson 11/8
Grace Cohens 11/6	Claude Lynch11/18

Happy Birthday to our Residents!

# **Employee Birthdays:**

Theresa Austin 11/3	Amelia Chance11/18
Nicole Levinson 11/5	Kim Ritch 11/22
Julia Leyva11/10	Mikahela Ray11/24

#### Happy Birthday to our staff!

Month: November Stone: Citrine & Topaz Meaning: Healing Color: Found in rich colors like blue, pink and yellow 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



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STATE STREET ASSISTED LIVING

November 2017 Assited Living Activity Calendar.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Remembering Our Vets.		8:00 Coloring Relaxation (CR) 1 8:30 Morning Stroll (FP) 10:00 Strength & Balance wKeith (CR) 11:00 Fall Coloring Pages (CR) 11:30 Store Open (CR) 2:00 Resident Council (CR)	8:30 Manicures (LR2) 2 9:30 Movie & Popcorn (LR3) 9:30 Chronic Illness Education (P) 1:00 Simon Says (CR) 2:00 Outing Walmart	8:30 Morning Stroll (FP) 3 10:00 Bingo (CR) 1:00 Rummy (CR) 1:30 Store Open (CR) 2:00 Happy Hour Imagine (L)	8:00 Coloring Relaxation (CR) 4 8:30 Rummy (CR) 10:00 Fall Magazine Scavenger Hunt (CR) 1:00 Ceramic Painting (CR) 2:00 Bingo (CR)
Happy Thanksgiving Nov 23rd.	Veterans Day Nov. 11th	A Statement	3:15 Bingo (CR) 6:30 Movie Night (LR3)		3:00 wora in a wora (CK) 6:30 Movie Night (LR3)	3:00 Card Playing/Residents Choice (CK) 6:30 Billards (LR3)
<ul> <li>8:00 Word Scramble (CR) 5</li> <li>10:00 Rummy (CR)</li> <li>10:30 Catholic Communion (AF)</li> <li>1:00 Afternoon Stroll (FP)</li> <li>2:00 Bingo (CR)</li> <li>2:00 Victory Chapel Services (P)</li> <li>3:00 Coloring Relaxation (CR)</li> <li>6:30 Billards (LR3)</li> </ul>	8.00 Search A Word Puzzles (CR) 6 8.30 Morning Stroll (FP) 10.00 Strength & Balance w/Keith (CR) 1.30 Crechet Club (CR) 1.30 Store Open (CR) 2.30 Bingo (CR) 3.30 Swinging Notables/ Modem Maturity (L) 6.30 Movie Night (LR3)	<ul> <li>8:00 Crossword Puzzle (CR) 7</li> <li>8:30 Manieures (LR2)</li> <li>9:30 Movie &amp; Popcorn (LR3)</li> <li>10:00 Fall Craft (CR)</li> <li>11:00 Bananagrams (CR)</li> <li>2:00 Outing Dollar Tree</li> <li>3:00 Rummy (CR)</li> <li>6:30 The Dot Game (CR)</li> </ul>		9 cation (P) our Veterans (CR) Lunch	<ul> <li>8:00 Search A Word Puzzles (CR) 10</li> <li>8:30 Morning Stroll (FP)</li> <li>8:30 Murnny (CR)</li> <li>10:00 Bingo (CR)</li> <li>10:00 Fall Coloring Pages (CR)</li> <li>1:30 Store Open (CR)</li> <li>3:00 Skip Bo (CR)</li> <li>3:00 Skip Bo (CR)</li> </ul>	8:00 Coloring Relaxation (CR) 11 8:30 Moning Stroll (FP) 10:00 Ceramic Painting (CR) 1:00 The Tower Game (CR) 3:00 Card Playing Residents Choice (CR) 6:30 Billards (LR3)
6:30 Billards (LR3)8:00 Word Scramble (CR)10:00 Outing Country Ride10:30 Catholic Communion (AF)1:00 Aftemoton Stroll (FP)2:00 Bingo (CR)3:00 Card Playing Residents Choice (CR)6:30 Billards (LR3)		e (C)	6530 Move Night (LK3)           14         8:00 Coloring Relaxation (CR)         15           8:30 Fall Coloring Pages (CR)         10:00 Strength & Balance w/Keith (CR)         1:00 Fall Craft (CR)           1:00 Fall Craft (CR)         1:30 Store Open (CR)         2:00 Bingo (CR)           3:00 Big CrossWord Puzzle (CR)         6:30 Movie Night (LR3)         6:30 Movie Night (LR3)	R2) com (LR3) ss Education (P) is s (CR) rd (CR) Residents Choice (CI	6:30 Movie Night (LR3)           16         8:00 Search A Word Puzzles (CR)         17           8:30 Puzzles (CR)         10:00 Bingo (CR)         17           10:00 Bingo (CR)         1:00 Rummy (CR)         1:00 Rummy (CR)           1:30 Store Open (CR)         2:00 Happy Hour w/Sky Brady (L)         3:00 Skip Bo (CR)           3:00 Skip Bo (CR)         6:30 Movie Night (LR3)         6:30 Movie Night (LR3)	
8:00 Word Scramble(CR)     19       8:30 Morning Stroll (FP)     8:30 Morning Stroll (FP)       10:00 Outing Country Ride     10:30 Catholic Communion (AF)       1:00 Afternoon Stroll (FP)     2:00 Bingo (CR)       2:00 Word in Word (CR)     3:00 Word in Word (CR)       3:00 Word in Word (CR)     6:30 Billards (LR3)	<ol> <li>800 Search A Word Puzzles (CR) 20</li> <li>8.30 Rummy (CR)</li> <li>10:00 Strength &amp; Balance w/Keith (CR)</li> <li>10:00 Thanksgiving Coloring (CR)</li> <li>1:30 Store Open (CR)</li> <li>2:00 Bingo (CR)</li> <li>3:00 Card Playing/Residents Choice (CR)</li> <li>6:30 Movie Night (LR3)</li> </ol>	<ul> <li>8:00 Crossword Puzzle (CR) 21</li> <li>8:30 Manieures (LR2)</li> <li>9:30 Movie &amp; Popcorn (LR3)</li> <li>11:30 Bob Evans for Lunch</li> <li>1:00 Fall Craft (CR)</li> <li>2:00 Pumpkin Pie Tasting (CR)</li> <li>3:00 Word in a Word(CR)</li> <li>6:30 The Dot Game (CR)</li> </ul>	8.00 Coloring Relaxation(CR) 22 8.30 Card Playing/Residents Choice (CR) 10.00 Strength & Balance w/Keith (CR) 1.00 Uno (CR) 1.30 Store Open (CR) 3.00 Skip Bo (CR) 3.00 Skip Bo (CR) 6.30 Movie Night (LR3)	<ul> <li>8:00 Word Scramble (CR) 23</li> <li>8:30 Manicures (LR2)</li> <li>9:30 Movie &amp; Popcorn (LR2)</li> <li>9:30 Chronic Illness Education (P)</li> <li>1:00 Fall Coloring Pages (CR)</li> <li>3:00 Skip Bo (CR)</li> <li>6:30 Billards (LR3)</li> </ul>	8:00 Search A Word Puzzles (CR) 24 8:30 Card Playing/Residents Choice (CR) 10:00 Bingo (CR) 1:00 Coloring Relaxation (CR) 1:30 Store Open (CR) 2:00 Happy Hour w/Music (L) 3:00 Rummy (CR) 6:30 Movie Night (LR3)	<ul> <li>8:00 Coloring Relaxation (CR) 25</li> <li>8:30 Bird Watching &amp; Feeding (FP)</li> <li>10:00 Card Playing/Residents Choice (CR)</li> <li>1:00 Coloring Relaxation (CR)</li> <li>2:00 Bingo (CR)</li> <li>3:00 Big Crossword Puzzle (CR)</li> <li>6:30 Billatds (LR3)</li> </ul>
<ul> <li>8:00 Word Scramble (CR) 26</li> <li>8:30 Coloring Relaxation (CR)</li> <li>10:30 Catholic Communion (AF)</li> <li>1:00 Afternoon Stroll (FP)</li> <li>1:00 Bible Fellowship Services (P)</li> <li>3:00 Skip Bo (CR)</li> <li>6:30 Billards (LR3)</li> </ul>	8 400 Search A Word Puzzles (CR) 27 8.30 Rummy (CR) 10:00 Strength & Balance w/Keith (CR) 11:00 Crochet Club (CR) 11:30 Store Open (CR) 2:30 Bitgo (CR) 3:30 Card Playing/Residents Choice (CR) 6:30 Movie Night (CR)	<ul> <li>8:00 Crossword Puzzle (CR) 28</li> <li>8:30 Manicures (LR2)</li> <li>9:30 Movie &amp; Popcorn (LR3)</li> <li>1:00 Holiday Trivia (CR)</li> <li>2:00 Outing Walmart</li> <li>3:00 Word in a Word (CR)</li> <li>6:30 The Dot Game (CR)</li> </ul>		e (CR) 30 2) om (LR3) om (LR3) (CR) d (CR)	30 Locations for Activities: Community Room (CR) Lobby (L) All Floors (AF) Parlor (P) Living Room 2nd Floor (LR2) Living Room 3rd Floor (LR3)	

# Favorite Thanksgiving Side ... Maple-Roasted Root Vegetables #FallFest

Thanksgiving is the mother of all meals in America. The one day when tradition trumps food trends and the tables are groaning under the weight of all the food. Many people have to recreate exactly the same Thanksgiving meal year after year, most being absolutely unbending on the menu. They MUST have the same overcooked turkey, sweet potatoes with marshmallows and the green bean casserole. But, why not consider introducing a new side dish this year...

#### Ingredients

1 fennel bulb, fronds discarded, cored and sliced

2 sweet potatoes, peeled and cubed

5 carrots, tops trimmed, and chopped

3 Russet potatoes, peeled and cubed

4 Peruvian purple potatoes (or Yukon Gold potatoes if you can't find them)

4 red potatoes, cubed

1 large onion, peeled and cubed

3 tbsp organic olive oil

3 tbsp pure maple syrup

1 tbsp fresh or dried rosemary

Kosher salt and freshly ground black pepper

2 tbsp maple-vinegar, optional

#### Instructions

Set a rack in the center of the oven and preheat to 350°F.

Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything is mixed and coated with the oil and maple syrup.



Place pan in the hot oven

and roast for 20 minutes. Carefully stir the vegetables and continue roasting for another 30 to 45 minutes or until a fork can be easily inserted in the largest pieces.

Remove from the oven, toss again, and serve hot.

If made ahead, cool and store in a covered container in the refrigerator. Reheat before serving. Can be made up to two days in advance.

#### Serves 8-10





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