



STATE
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ASSISTED LIVING

State Street Assisted Living Newsletter

December 2017

Tasty Shakshuka Recipe



With the holidays approaching—we want to take the time to celebrate both Christmas and Hannukah with our residents and families. In the spirit of the holidays we are sharing a wonderful recipe for an Israeli dish that many of you may have tried in the past, and for those that have not...well GIVE IT A TRY. IT WON'T DISAPPOINT!

When we say the word shakshuka, people often give me a strange look... like I've sneezed, or something. If you are not familiar with this delicious, easy and healthy Middle Eastern dish very popular in Israel, we are thrilled to introduce the concept to you.

Ingredients

- 3 tablespoons canola oil
- 2 medium yellow onions, chopped
- 1 large green bell pepper, cored, seeded, and chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1/4 cup tomato paste
- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1 bay leaf
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons kosher salt
- 1 tablespoon sweet Hungarian paprika
- 1 tablespoon ground cumin

- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon ground caraway
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach
- 8 to 12 large eggs

Preparation

1. Heat oil in a large skillet. Add onions and sauté over medium heat until translucent, 5 to 10 minutes. Add bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in garlic and tomato paste and sauté for another 2 minutes.
2. Slowly pour in tomatoes. Stir in bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes. Layer the Swiss chard leaves on top.
3. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

Serves 4 to 6

ACTIVITY HIGHLIGHT

As we all know November 11th is Veteran's Day! In our community here at State Street we have a total of 16 veterans, also two wives of veterans that have passed on. We had the VFW come in and honor these veterans by spending some time with them individually sharing some stories and just making them feel special. We love all our residents here at State Street but there a little more love given to these great men who served our country for our freedoms. Happy Veterans Day gentlemen and thank you VFW for making them feel special.





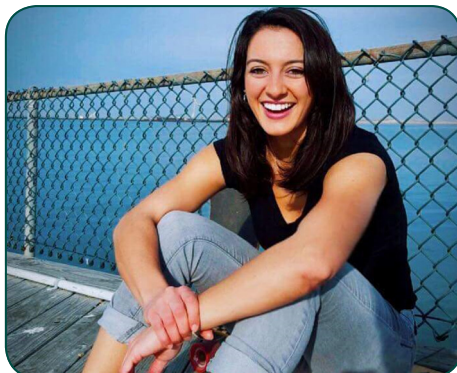
Resident Of The MONTH



Rose Morris



Employee Of The MONTH



Michelle Cerro



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.

Happy Hour- Mingo

Friday, Dec. 1st | 2 pm | Lobby

Annual Wreath Stroll

Thursday, Dec. 7th | 5-7 pm | Lobby

Dover Mall Shopping

Tuesday, Dec. 12th | 2 pm

Resident Holiday Party

Thursday, Dec. 14th | 6-8 pm | Lobby

Brownie Troops Caroling

Friday, Dec. 15th | 5:30 pm | Parlor

Christmas Lights Ride

Thursday, Dec. 21st | 6:30 pm
Front porch

Happy Hour-New Years Party

Friday, Dec. 29th | 2 pm

We hope to see you there!

Resident Birthdays:

12/2..... Betty Klug	12/18 Bruce Kitchen
12/8..... Joe Beluschak	12/26 Helen Carter
12/13..... Carol Brooks	

Happy Birthday to our Residents!

Employee Birthdays:

12/2..... Fred Harmon	12/28 Vera Paynter
12/22..... Alfredo Sosa	12/31..... George Thompson

Happy Birthday to our staff!

Month: December

Flower: Daffodil, Narcissus, Holly

Meaning: Prosperity

Color: Indigo, Green, greenish-blue

Stone: Blue Topaz, Turquoise, Zircon,
Lapis Lazuli, Onyx, Ruby.


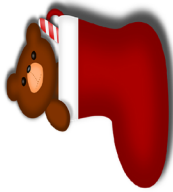
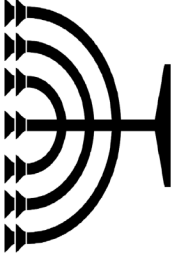









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December 2017 *Assisted Living Activity Calendar*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 8:30 Word Scramble (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (FP) 2:00 Victory Chapel Services (P) 2:00 Bingo (CR) 2:00 Tree Decorating by 4-H (LR2) 3:00 Skip Bo (CR) 6:30 Billards (LR3)	 8:30 Morning Stroll (FP) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Word in a Word (CR) 6:30 Movie Night (LR3)	 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Pine Cone Decorating (CR) 1:00 Christmas Magazine Hunt (CR) 1:45 Outing Walmart (FP) 3:00 Skip Bo (CR) 6:30 The Dot Game (CR)	 8:30 Card Playing/Residents Choice (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Holiday Coloring Pages (CR) 1:30 Store Open (CR) 2:00 Resident Council (CR) 3:00 Bingo (CR) 5:00 Christmas Caroling by Wesley College (P) 6:30 Movie Night (LR3)	 8:30 Manicures (LR2) 9:30 Chronic Illness Education (P) 9:30 Movie & Popcorn (LR3) 1:00 Gift Wrapping Help (CR) 1:45 Dollar General (L) 2:00 Holiday Card Signing Assistance (CR) 5:00 Wreath Stroll (L)	8:00 Search A Word Puzzles (CR) 8:30 Seasonal Coloring (CR) 10:00 Bingo (CR) 1:00 Holiday Craft (CR) 1:00 Puzzles (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:00 Messiah by GF Handel-Dover High School	8:00 Coloring Relaxation (CR) 8:30 Morning Stroll (FP) 10:00 Holiday Craft (CR) 1:00 Puzzles (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:00 Messiah by GF Handel-Dover High School
8:30 Search A Word Puzzles (CR) 10:00 Outing Country Ride (FP) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billards (LR3)	8:30 Holiday Coloring pages (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Christmas Craft (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:45 Brownie Troop 17 Caroling (P)	Happy Hanukkah! 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 1:00 Jewelry Crafts (CR) 1:45 Dover Mall-Shopping (L) 3:00 Skip Bo (CR) 6:30 Christmas Lights Ride (L)	8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Rummy (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Big Crossword Puzzle (CR) 6:30 Movie Night (LR3)	8:30 Manicures (LR2) 9:30 Chronic Illness Education (P) 9:30 Movie & Popcorn (LR3) 11:00 Red Lobster for Lunch (FP) 1:00 Ceramic Painting (CR) 2:00 Card Playing/Residents Choice (CR) 3:00 Skip Bo (CR) 6:00 Resident Holiday Party (L)	8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Christmas Cookie Baking (CR) 1:30 Store Open (CR) 2:00 Ugly Sweater Contest (CR) 3:00 Word in a Word (CR) 5:30 Brownie Troops Caroling (P) 6:30 Movie Night (LR3)	8:30 Coloring Relaxation (CR) 10:00 Balloon Volleyball (CR) 1:00 Coloring Relaxation (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)
8:30 Word Scramble (CR) 10:00 Outing Country Ride (FP) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (CR) 1:30 Kenton United Methodist-Caroling (P) 2:00 Victory Chapel Services (P) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)	8:30 Search A Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Christmas Craft (CR) 1:30 Store Open (CR) 2:00 Bingo w/Jem from Pinnacle (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	8:30 Manicures (CR) 8:30 Crossword Puzzle (CR) 9:30 Movie & Popcorn (LR3) 1:00 Pine Cone Decorating (CR) 2:00 Rommies Outing 2:15 Holiday Coloring Pages (CR) 3:15 Card Playing/Residents Choice (CR) 6:30 The Dot Game (CR)	8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Ceramic Painting (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	8:30 Manicures (LR2) 9:30 Chronic Illness Education (CR) 9:30 Movie & Popcorn (LR3) 10:00 Corporate Kids Caroling (L) 1:00 Holiday Jewelry Beading (CR) 1:45 Outing Big Lots (L) 2:00 Big Crossword Puzzle (CR) 3:00 Rummy (CR) 6:30 Christmas Lights Ride (L)	8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Card Playing/Residents Choice (CR) 1:30 Store Open (CR) 2:00 Egg Nog Social & Music (P) 3:00 Winter Word in a Word (CR) 6:30 Movie Night (LR3)	8:30 Coloring Relaxation (CR) 10:00 Holiday Craft (CR) 1:00 Puzzles (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)
8:30 Rummy (CR) 10:00 Christmas Reminiscence & Coffee (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (FP) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billards (LR3)	Merry Christmas! 8:30 Christmas Coloring Pages (CR) 10:00 Holiday Craft (CR) 1:00 Card Playing/Residents Choice (CR) 1:45 Outing Food Lion (L) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)	Happy Kwanza! 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Holiday Craft (CR) 1:00 Card Playing/Residents Choice (CR) 1:45 Outing Food Lion (L) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 The Dot Game (CR)	8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Coloring Relaxation (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Word in a Word (CR) 6:30 Movie Night (LR3)	8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Bombay Hook-Geese Ride (L) 10:00 Birthday Bash (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)	8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Trivia (CR) 1:30 Store Open (CR) 2:00 Happy Hour with Liz (L) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (LR3)	8:30 Coloring Relaxation (CR) 10:00 Big Crossword Puzzle (CR) 1:00 Puzzles (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)
8:30 Word Scramble (CR) 10:00 Jewelry Crafts (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (FP) 2:00 Bible Fellowship Services (P) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)	 8:30 Christmas Movie Night (LR3)	 Locations of Activities: Community Room: (CR) Lobby: (L) All Floors: (AF) Parlor: (P) Living Room 2nd floor: (LR2) Living Room 3rd floor: (LR3)	8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Holiday Craft (CR) 1:00 Card Playing/Residents Choice (CR) 1:45 Outing Food Lion (L) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 The Dot Game (CR)	 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Bombay Hook-Geese Ride (L) 10:00 Birthday Bash (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)	 8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Trivia (CR) 1:30 Store Open (CR) 2:00 Happy Hour with Liz (L) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (LR3)	

All Activities are Subject to change due to unforeseen situations.

A Letter From A Resident...

Finally it has come together for me. I found the words to describe how I feel about my home, my life, and my extended family. I am in my daughter's car being driven home after a grueling doctor's visit. I can't wait to arrive.

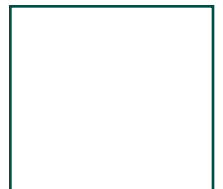
Your home? Someone might say, "You no longer have a home. You sold it." I respond, "I no longer own my house, but my home is where I live." My extended family lives with me- the residents and staff, people that inhabit my community during working days and nights. This is where I belong, where I can rest my head on my pillow at night; converse with other residents on the beautiful porch; paint or draw in the art room with others who have similar interests; where I can read books I borrow from the huge lending library or attend a group discussion if I so choose. My home is where I can be with my biological family when they come to visit, where they can get a drink or snack from the café and where my grandchildren and great grandchildren are always welcome to play with whatever toys are available. My home is where I can relax and put on my thinking cap for an insightful group chat being led by intelligent members of the Activities staff. It



is where I have my meals served to me...meals that provide me with nourishment and companions to dine with. Not to mention, the wonderful trips we are taken on, to various restaurants, museums, etc.

This is but a brief redefining of my home where I am assisted to live.

Resident, Kaplan Community 2017



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21 North State Street, Dover, DE 19901
302-674-2144 | www.StateStreetAL.com
