



**STATE
STREET**
ASSISTED LIVING

State Street Assisted Living *Newsletter* January 2018

New Year, New Ways to Embrace a Healthier Life!

Every January 1st, we set our sights on shaping improvements in our daily lives – perhaps by making a healthy lifestyle change, such as in diet or exercise, spending time with friends or learning something new. There is always a new pinnacle to strive towards, whether the change is incremental or significant. It is, after all, what makes us unique.

Benefits of staying active:

- Be happier and less lonely
- Stay motivated with more energy
- Experience fewer mood swings and less depression
- Maintain a healthy weight
- Gain a stronger immune system
- Sleep better and even live longer!

Take steps for a healthier lifestyle.

How about taking a short walk? Or a class? Maybe take up a new hobby? Variety is the spice of life and staying active, both mentally and physically, is a key to continued vibrancy.

Make new friends.

Friends – those who relate and empathize with you, strengthen your entire support system. And being active naturally increases your network of friends.

Learn something new.

Try something you've always wanted to do or reconnect with an activity you already love. Look to one of our clubs or group activities, from painting and photography to technology, even Zumba or aerobics.

When you learn something new, you hone other areas of your brain. This is called neuroplasticity – the ability for your brain to change and grow throughout your life.

We're here to help you reach your goals.

There's nothing to stop you from reaching new heights. For help planning your personal goals, stop in and see us. We'll get you started on a healthier and happier New Year.



ACTIVITY HIGHLIGHT

December for all our communities is very busy, we have our Annual Wreath Stroll, the staff party, then the resident party, and all the different entertainers and carolers coming in, it's a busy month!! With all the different events taking place the one that stands out the most is the Wreath Stroll. This year the money collected went to United for Puerto Rico to help them rebuild and recover from the devastating hurricane that crippled that island. It was an awesome event where businesses from the local area came out and donated generously for the people of Puerto Rico. We here at State Street are very happy to have donated close to \$1700.00 to this great organization. We are also proud of Sara Evans our Marketing Director for hard work and making it all come together. Job well done!





Resident Of The MONTH



Kenneth Wooster



Employee Of The MONTH



Julia Leyva



Staff Directory of DEPARTMENT HEADS

Executive Director

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Sue Long

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Maintenance Director

Chris Lagrassi

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SAVE THE DATE (Events of This month)

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

Happy Hour Entertainment with Sherry!

Friday, January 5th | 2 pm | Lobby

Root Beer Floats Social

Thursday, January 11th | 2 pm

Community Room

Oh what a sweet treat!!

Happy Hour Entertainment w/ Trisha!

Friday, January 19th | 2 pm | Lobby

Red Lobster for Lunch!!

Thursday, January 25th | 11 am | Lobby

Chocolate Cake Social

Monday, January 29th | 3 pm

Community Room

In honor of Chocolate Cake day we will be enjoying some with coffee, milk and tea. If you love chocolate you don't want to miss this!!

We hope to see you there!

Resident Birthdays:

Raymond Ford 01/01

Evelyn Jump 01/07

Alice Farina 01/14

Ben Archer 01/18

John Hollingsworth 01/21

Happy Birthday to our Residents!

Employee Birthdays:

Ann Dawley 01/07

Astin Tolson 01/09

Debbie Sammons 01/12

Sue Long 01/18

Theresa Chavis 01/30

Happy Birthday to our staff!

Month: January

Flower: Carnation, Snowdrop

Meaning: Loyalty, Constancy

Color: Black, Dark Blue, Dark Red



Stone: Garnet, Emerald, Rose Quartz.



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JANUARY 2018

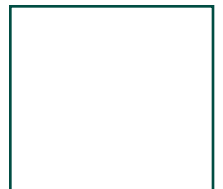
State Street Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>8:30 Word Scramble (CR) 10:00 Crossword Puzzle (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (FP) 2:00 Victory Chapel Services (P) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>	<p>1 8:30 Search A Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)</p>	<p>2 8:30 Crossword Puzzle (CR) 8:30 Manicures (LR2) 9:30 Movie & Popcorn (CR) 10:00 Card Playing/Residents Choice (CR) 1:00 Coloring Relaxation (CR) 1:45 Outing Walmart (L) 3:00 Word in a Word (CR) 6:30 The Dot Game (CR)</p>	<p>3 8:30 Word Scramble (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 The Tower Game (CR) 1:30 Store Open (CR) 2:00 Resident Council (CR) 3:00 Bingo (CR) 6:30 Movie Night (LR3)</p>	<p>4 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Ceramic Painting (CR) 1:00 The Tower Game (CR) 1:45 Outing Walmart (L) 3:00 Skip Bo (CR) 6:30 Billards (LR3)</p>	<p>5 8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Coloring Relaxation (CR) 1:30 Store Open (CR) 2:00 Happy Hour with Sherri (L) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (CR)</p>	<p>6 8:30 Coloring Relaxation (CR) 10:00 Baking Cookies (CR) 1:00 Coloring Relaxation (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>
<p>7 8:30 Word Scramble (CR) 10:00 Crossword Puzzle (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (FP) 2:00 Victory Chapel Services (P) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>	<p>8 8:30 Search A Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Card Playing/Residents Choice (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Big Crossword Puzzle (CR) 6:30 Movie Night (LR3)</p>	<p>9 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Ceramic Painting (CR) 10:30 Bennie Smith (P) 1:00 Word in a Word (CR) 1:45 Dollar Tree outing (L) 3:00 Skip Bo (CR) 6:30 The Dot Game (CR)</p>	<p>10 8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Bananagrams (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Bennie Smith (CR) 6:30 Movie Night (LR3)</p>	<p>11 8:30 Manicures (LR2) 9:30 Movie & Popcorn (LR3) 10:00 Ceramic Painting (CR) 11:00 Lunch @ Applebees (L) 1:00 Simon Says (CR) 2:00 Root Beer Floats Social (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>	<p>12 8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Rummy (CR) 1:30 Store Open (CR) 2:00 Happy Hour w/music (P) 3:00 Word in a Word (CR) 6:30 Movie Night (LR3)</p>	<p>13 8:30 Coloring Relaxation (CR) 10:00 Craft (CR) 1:00 Puzzles (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billards (LR3)</p>
<p>14 8:30 Word Scramble (CR) 10:00 Outing Country Ride (CR) 10:30 Catholic Communion (AF) 1:00 Coloring Relaxation (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>	<p>15 8:30 Search A Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Remembering Martin Luther King (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)</p>	<p>16 8:30 Manicures (LR2) 8:30 Crossword Puzzle (CR) 9:30 Movie & Popcorn (LR3) 10:00 Balloon Volleyball (CR) 1:45 Outing Big Lots (L) 3:00 Card Playing/Residents Choice (CR) 6:30 The Dot Game (CR)</p>	<p>17 8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Jewelry Making (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Ice Cream Sundae Social (CR) 6:30 Movie Night (LR3)</p>	<p>18 8:30 Manicures (LR2) 8:30 Word Scramble (CR) 9:30 Movie & Popcorn (LR3) 10:00 Word in a Word (CR) 1:00 Coloring Relaxation (CR) 2:00 New Years Magazine Hunt (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>	<p>19 8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Scabble (CR) 1:30 Store Open (CR) 2:00 Happy Hour with Trisha (L) 3:00 Kings in the Corner (CR) 6:30 Movie Night (LR3)</p>	<p>20 8:30 Coloring Relaxation (CR) 10:00 Card Playing/Residents Choice (CR) 1:00 Coloring Relaxation (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billards (LR3)</p>
<p>21 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) 3:00 Kings in the Corner (CR) 6:30 Billards (LR3)</p>	<p>22 8:30 Search A Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (LR3)</p>	<p>23 8:30 Manicures (LR2) 8:30 Crossword Puzzle (CR) 9:30 Movie & Popcorn (CR) 10:00 Ceramic Painting (CR) 1:00 Rummy (CR) 1:45 Outing Dollar Tree (L) 3:00 Skip Bo (CR) 6:30 The Dot Game (CR)</p>	<p>24 8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Puzzles (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Movie Night (LR3)</p>	<p>25 8:30 Manicures (LR2) 8:30 Word Scramble (CR) 9:30 Movie & Popcorn (CR) 11:00 Red Lobster for Lunch (L) 1:00 Boggle (CR) 2:00 Birthday Bash (CR) 3:00 Skip Bo (CR) 6:30 Billards (LR3)</p>	<p>26 8:30 Search A Word Puzzles (CR) 10:00 Bingo (CR) 1:00 Baking Cookies (CR) 1:30 Store Open (CR) 2:00 Wine & Cheese Social (P) 3:00 Skip Bo (CR) 6:30 Movie Night (LR3)</p>	<p>27 8:30 Coloring Relaxation (CR) 10:00 Word in a Word (CR) 1:00 Coloring Relaxation (CR) 2:00 Bingo (CR) 3:00 Card Playing/Residents Choice (CR) 6:30 Billards (LR3)</p>
<p>28 8:30 Word Scramble (CR) 10:00 Outing Country Ride (L) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bible Fellowship Services (P) 2:00 Bingo (CR) 6:30 Billards (LR3)</p>	<p>29 8:30 Search A Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Crochet Club (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Chocolate Cake Social (CR) 6:30 Movie Night (LR3)</p>	<p>30 8:30 Manicures (LR2) 8:30 Crossword Puzzle (CR) 9:30 Movie & Popcorn (CR) 10:00 Balloon Volleyball (CR) 1:00 Word in a Word (CR) 1:45 Outing Walmart (L) 3:00 Card Playing/Residents Choice (CR) 6:30 The Dot Game (CR)</p>	<p>31 8:30 Coloring Relaxation (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Simon Says (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Big Crossword Puzzle (CR) 6:30 Movie Night (LR3)</p>	 <p>Happy Birthday Martin Luther King January 15th</p>	<p>Locations of Activities: Community Room: (CR) Lobby: (L) Parlor: (P) All Floors: (AF) Living Room 2: (LR2) Living Room 3: (LR3)</p>	 <p>National Chocolate cake Day! January 27th</p>

All Activities are Subject to change due to unforeseen circumstances that may arise.

Did you know...?

- Walking just a quarter mile per day can lower your risk of dementia.
- Aerobic exercise can improve planning and organization skills.
- 45 minutes of exercise three times weekly can increase the volume of your brain.
- Physical activity can improve both short- and long-term memory and even make you think faster.
- People who learn a new skill also see improvements in memory.
- Activities like ping pong and jigsaw puzzles can stimulate your brain.
- A healthy diet high in lean protein can help you to recoup more quickly from illness or injury.
- The Mediterranean diet consisting of fresh fish, fruits, and vegetables may be beneficial in lowering rates of dementia.
- Staying physically active and increasing your stamina, you reduce the potential for a fall.



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