

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE STATE STREET RESIDENTS



*The Community That Treats You Like Family!*

## Brain Games

**And other ways to keep your mind and memory sharp.**

As we age, blood flow to the brain is reduced, and unlike our waistlines, our brain actually shrinks a bit. Still, neurology experts believe our brains are capable of continued development and learning new skills – even as we get older.

There are ways to combat normal, age-related issues and increase mental sharpness.

### **Stimulating the Brain**

According to [SeniorLiving.org](http://SeniorLiving.org), the key is to take part in “active learning” (versus passive) which sharpens cognitive skills. The site suggests:



- **Memory and word games:** Try card games such as Match and board games like Scrabble, Hangman and Upwords.
- **Handheld electronic games:** Download a game show, such as Jeopardy, Wheel of Fortune or Family Feud, to your device.
- **Board games:** Classics such as chess and checkers are excellent and promote strategy skills. Mathable and Quirkle are others.

- **Online and video games:** Super Mario and Minecraft improve coordination and stimulate parts of the brain related to memory.
- **Trivia games:** Recollect an array of facts on hundreds of subjects. Trivial Pursuit and 5-Second Rule are favorites.

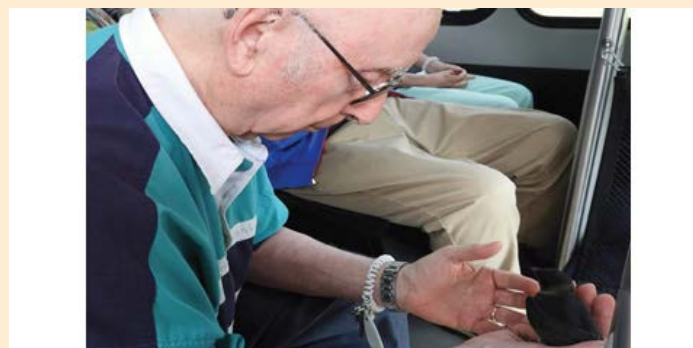
Get friends together for a weekly game night or one of our scheduled activities!

See more at <http://bit.ly/SrBrainGames>.



## Activity Highlight

Every other weekend here at State Street Assisted Living the residents enjoy a country ride. On this particular weekend our driver Harold took the to Bombay Hook. The residents got to see and hold and learn about Purple Martins. It was a trip to remember. The residents enjoyed themselves and thanked Harold for taking them to see these tiny beautiful fowls of the air.



**Refer a friend... get \$3,000!**

*Contact us for details.*





## Resident Spotlight

Mr. Norman moved in with us not too long ago. He is one of the sweetest gentlemen in our community. He served in our military forces and is one to always lend a helping to those in need. He and his sweet wife Helen are the cutest couple and a joy to have here at our community. He jokes with staff and residents; he always has a smile to give away. We are happy to have him as our Star Resident for the month of September. Congratulations Mr. Laforce! Thank you for making our community shine!



*Norman Laforce*



## Employee Spotlight

Amelia Chase has worked with us at State Street Assisted Living for over a year. She is known to come in and get her job done. She takes care of the residents and doesn't miss a beat. The residents appreciate the care Amelia gives because she does it with excellence making sure everything is completed from head to toe. We thank you Amelia and for doing your job well. Congratulations, and thank you for making us shine!



*Amelia Chase CNA*



## Birthdays of the Month

09/01/18..... Norman Laforce..... Resident  
 09/24/18..... James "Jazz" Pleasant..... Resident  
 09/27/18..... Sandy Dole..... Resident  
 09/02/18..... Samantha Englehardt..... Employee












## UPCOMING EVENTS!

~Grandparents Luncheon~  
 Sunday September 9th at 11am in the Dining Hall  
 ~Painting with Joyce~  
 Tuesday September 11 at 2pm in the Activity Room  
 ~John Hadfield and Reggie is here!~  
 Friday September 14 at 2pm in the Lobby  
 ~State Street Assisted Living LUAU!  
 Thursday September 27th 6-8 pm in the Dining Room





# September 2018 Celebrating National Assisted Living Week Sept. 9-15th, 2018

| Sun  | Mon  | Tue  | Wed  | Thu  | Fri  | Sat  |
|--|--|--|--|--|--|--|
| <b>LABOR DAY</b><br>Monday Sept. 3rd!<br>9:15 Word Scramble (CR) 2<br>10:30 Catholic Communion (AF)<br>1:00 Afternoon Stroll (CR)<br>2:00 Bingo (CR)<br>2:00 Victory Chapel Services (P)<br>3:00 Skip Bo (CR)<br>6:30 Billiards (LR3)        | <br>9:15 Search A Word Puzzles (CR) 3<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 Out on the Porch (L)<br>1:30 Store Open (CR)<br>2:00 Bingo (CR)<br>3:00 Rummy (CR)<br>6:30 Movie-Charles Dickens (LR3) | <br>9:15 Crossword Puzzle (CR) 4<br>9:15 Manicures (CR)<br>9:30 Movie-Dukes of Dixieland (LR3)<br>10:00 Chair Yoga w/ Crystal (P)<br>1:00 Jewelry Making (CR)<br>1:45 Walmart Outing (CR)<br>2:00 Crafts (CR)<br>3:00 Uno Attack (CR)<br>6:30 The Dot Game (CR) | <br>September Stone Sapphire!<br>8:30 Coloring Relaxation (CR) 5<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 Out on the Porch (L)<br>1:30 Store's Open (CR)<br>2:00 Resident Council (CR)<br>3:00 Bingo (CR)<br>6:30 Movie-Night-Never Say Never Again (CR) | <br>8:30 Word Scrambles (CR) 6<br>9:15 Manicures (CR)<br>9:30 Movie-Oscar Peterson Trio (LR3)<br>10:45 Lunch @China Town Buffet (L)<br>1:00 Out on the Porch (L)<br>2:00 Seasonal Craft (CR)<br>3:00 Kings in the Corner (CR)<br>6:30 Billiards (LR3) | Activity Locations:<br>Lobby (L)<br>Parlor (P)<br>All Floors (AF)<br>Community Room (CR)<br>Living Room 2nd Floor (LR2)<br>Living Room 3rd Floor (LR3)<br>8:30 Search A Word Puzzles (CR) 7<br>10:00 Bingo (CR)<br>1:00 Coloring Relaxation (CR)<br>2:00 Happy Hour w/ music (P)<br>3:00 Residents Choice (CR)<br>6:30 Movie Night-Last of the Breed (LR3) | 8:30 Coloring Relaxation (CR) 8<br>9:45 Country Ride (L)<br>1:00 Painting Ceramic (CR)<br>2:00 Bingo (CR)<br>3:00 Skip Bo (CR)<br>6:30 Billiards (LR3)                 |
| 9:15 Word Scramble (CR) 9<br>10:00 Outing Country Ride (L)<br>10:30 Catholic Communion (AF)<br>11:15 Grandparents Day Luncheon (DR)<br>1:00 Afternoon Stroll (L)<br>2:00 Bingo (CR)<br>3:00 Kings in the Corner (CR)<br>6:30 Billiards (LR3) | 9:15 Search A Word Puzzles (CR) 10<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 Guess Who that baby is! (CR)<br>1:30 Store Open (CR)<br>2:00 Bingo Mania (CR)<br>3:30 Rummy (CR)<br>6:30 Movie Night-Inferno (LR3)   | 9:15 Crossword Puzzle (CR) 11<br>9:15 Manicures (LR2)<br>9:30 Movie-Road to Perdition (LR3)<br>10:00 Chair Yoga w/ Crystal (P)<br>1:00 Out on the Porch (L)<br>2:00 Painting with Joycel (CR)<br>3:30 Card Games (CR)<br>6:30 The Dot Game (CR)  | 8:30 Coloring Relaxation (CR) 12<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 Jewelry Beading (CR)<br>1:30 Store's Open (CR)<br>2:00 Name that Tune! (CR)<br>3:00 Bingo (CR)<br>6:30 Movie Night-Quest For Fire (LR3)  | 8:30 Word Scramble (CR) 13<br>9:15 Manicures (CR)<br>9:30 Movie-West Side Story (LR3)<br>9:45 Dollar Tree Outing (CL)<br>1:00 Seasonal Craft (CR)<br>2:00 Guess what that is! (CR)<br>3:00 Milk Shake Social (CR)<br>6:30 Billiards (LR3)  | 8:30 Search A Word Puzzles (CR) 14<br>10:00 Bingo Mania (CR)<br>1:00 Out on the Porch (L)<br>1:30 Store's Open (CR)<br>2:00 Happy Hour w/ John Hadfield (L)<br>3:00 Fortune Cookie Social (CR)<br>6:30 Movie Night-Grand Ole Opry (CR)   | 8:30 Coloring Relaxation (CR) 15<br>10:00 Seasonal Craft (CR)<br>1:00 Out on the Porch (L)<br>2:00 Bingo Mania (CR)<br>3:00 Skip Bo (CR)<br>6:30 Billiards (LR3)       |
| 9:15 Word Scramble (CR) 16<br>10:00 Seasonal Craft (CR)<br>10:30 Catholic Communion (AF)<br>1:00 Afternoon Stroll (L)<br>2:00 Bingo (CR)<br>2:00 Victory Chapel Services (P)<br>3:00 Card Games (CR)<br>6:30 Billiards (LR3)                 | 9:15 Search A Word Puzzles (CR) 17<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 The Tower Game (CR)<br>1:30 Store Open (CR)<br>2:00 Bingo (CR)<br>3:00 Kings in the Corner (CR)<br>6:30 Movie Night-Inforgiven (LR3)   | 9:15 Crossword Puzzle (CR) 18<br>9:15 Manicures (LR2)<br>9:30 Movie-Harry Belafonte (LR3)<br>10:00 Chair Yoga w/ Crystal (P)<br>1:00 Coloring Relaxation (CR)<br>1:45 Big Loss Outing (L)<br>2:00 Crafts w/ Debbie (CR)<br>3:00 Skip Bo (CR)<br>6:30 The Dot Game (CR)   | 8:30 Coloring Relaxation (CR) 19<br>10:00 Strength & Balance w/ Keith (CR)<br>1:00 Balloon Volleyball (CR)<br>1:30 Store's Open (CR)<br>2:00 Bingo (CR)<br>3:00 Card Games (CR)<br>6:30 Movie Night-Stone Cold (LR3)   | 8:30 Word Scramble (CR) 20<br>9:15 Manicures (CR)<br>9:30 Movie-The Cowboys (LR3)<br>1:00 Out on the Porch (L)<br>1:45 Walmart Outing (L)<br>2:00 Painting Ceramic (CR)<br>3:00 Rummy (CR)<br>6:30 Billiards (LR3)   | 8:30 Search A Word Puzzles (CR) 21<br>10:00 Bingo (CR)<br>1:00 Trivia (CR)<br>1:30 Store's Open (CR)<br>2:00 Happy Hour w/ music (CR)<br>3:00 Big Crossword Puzzle (CR)<br>6:30 Movie Night-Best of Lyle Lovette (LR3)   | 8:30 Coloring Relaxation (CR) 22<br>10:00 Country Ride (CR)<br>1:00 Out on the Porch (L)<br>2:00 Bingo (CR)<br>3:00 Banagrams (CR)<br>6:30 Billiards (LR3)             |
| 9:15 Word Scramble (CR) 23<br>10:00 Country Ride (L)<br>10:30 Catholic Communion (AF)<br>1:00 Afternoon Stroll (L)<br>2:00 Bingo (CR)<br>3:00 Card Games (CR)<br>6:30 Billiards (LR3)  | 9:15 Search A Word Puzzles (CR) 24<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 Color Relaxation (CR)<br>1:30 Store Open (CR)<br>2:00 Bingo (CR)<br>2:00 Kings in the Corner (CR)<br>6:30 Movie Night-Horse Soldiers (CR)  | 9:15 Crossword Puzzle (CR) 25<br>9:15 Manicures (LR2)<br>9:30 Movie-Art Blakeley Jazz Music (LR3)<br>10:00 Chair Yoga w/ Crystal (P)<br>1:00 Jewelry Making (CR)<br>1:45 Dollar Tree Outing (L)<br>2:30 Residents Choice (CR)<br>3:00 Rummy (CR)<br>6:30 The Dot Game (CR)   | 8:30 Coloring Relaxation (CR) 26<br>10:00 Strength & Balance w/ Keith (P)<br>1:00 Out on the Porch (L)<br>1:30 Store's Open (CR)<br>2:00 Bingo (CR)<br>3:00 Uno Attack (CR)<br>6:30 Movie Night-The Quiet Man (LR3)  | 8:30 Word Scramble (CR) 27<br>9:15 Manicures (LR2)<br>9:30 Movie-The Unit (LR3)<br>1:00 Jenga (CR)<br>2:00 Birthday Bash (CR)<br>3:00 Word in a Word (CR)<br>6:00 State Street Luau  | 8:30 Search A Word Puzzles (CR) 28<br>10:00 Bingo (CR)<br>1:00 Out on the Porch (L)<br>1:30 Store's Open (CR)<br>2:00 Happy Hour w/ Trisha (CR)<br>3:00 Skip Bo (CR)<br>6:30 Movie Night-Casablanca (LR3)  | 8:30 Coloring Relaxation (CR) 29<br>10:00 Seasonal Craft (CR)<br>1:00 Out on the Porch (L)<br>2:00 Bingo (CR)<br>3:00 Kings in the Corner (CR)<br>6:30 Billiards (LR3) |
| 9:15 Word Scramble (CR) 30<br>10:30 Catholic Communion (AF)<br>1:00 Afternoon Stroll (L)<br>2:00 Bible Fellowship Services (P)<br>2:00 Bingo (CR)<br>3:00 Card Games (CR)<br>6:30 Billiards (LR3)  | <b>National Assisted Living Week</b><br><b>Guide for fun days</b><br><b>September 9th-15th</b>   | <br><b>Monday 10th-Hat Day!</b>   | <br><b>Tuesday 11th-Polka Dots Stripes</b>   | <br><b>Wednesday 12th-Hawaiian Shirt Day</b>  | <br><b>Thursday 13th-Tie Day</b>  | <br><b>Friday 14th-Jersey Day</b>   |

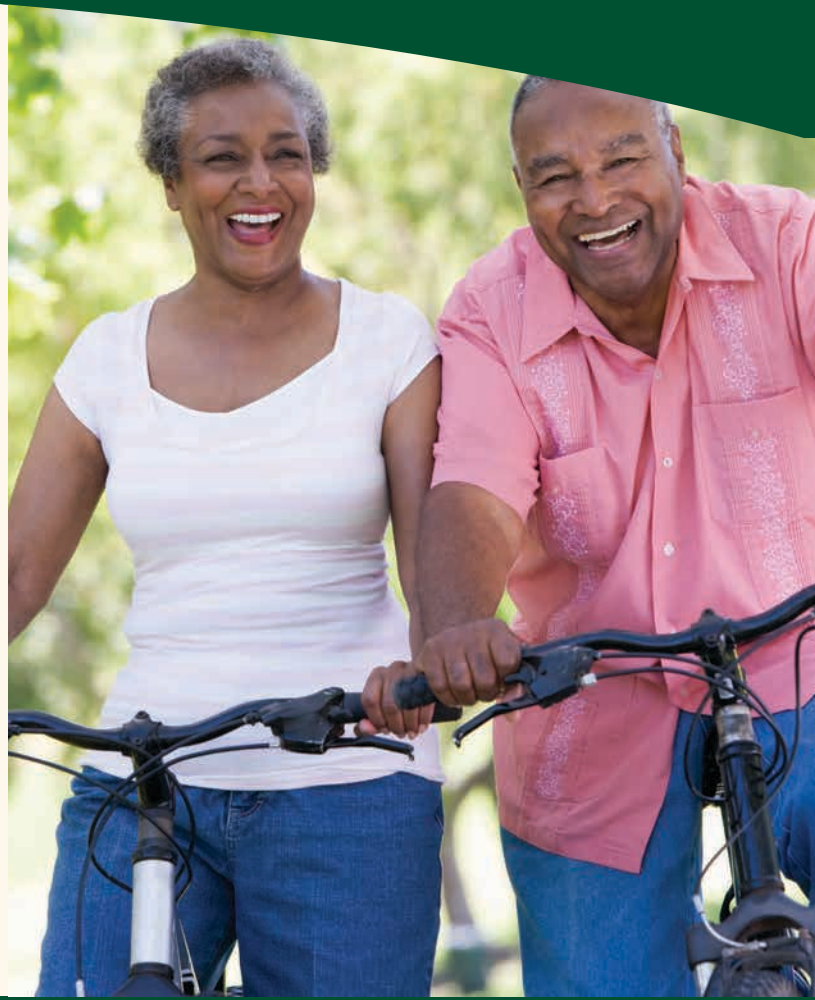
## Appreciating You

### (or: More Brainy Health Tips)

You can take care of yourself in other ways to promote brain health and keep dementia at bay.

- **Watch cholesterol and blood pressure levels.** These not only impact heart health and chance of stroke but can contribute to dementia.
- **Don't smoke or drink excessively.**
- **Stay fit and exercise.** You keep blood flowing to the brain and fitness levels higher, which assist in managing cholesterol and hypertension and reduce factors that contribute to dementia.
- **Eat right.** Veggies and fatty fish help keep your brain sharp. Avoid saturated fats.
- **Stay active.** Try our brain games and have fun with friends!

Source: <http://bit.ly/StaySharpEverydayHealth>.



[www.StateStreetAL.com](http://www.StateStreetAL.com)

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