

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE STATE STREET RESIDENTS



*The Community That Treats You Like Family!*

## Wellness For Life

**A plan for a healthier lifestyle is at your fingertips.**

Wellness can be achieved at almost any point in life. It can include eating right, exercising more and improving your mental outlook.

### **You Are What You Eat.**

Eating a plethora of fruits and vegetables is one way to improve your health. So is reducing your caloric intake. Experts typically suggest a 25 to 40 percent reduction to help achieve a healthier lifestyle. While *decreasing* your calories can lead to greater longevity, experts also recommend *increasing* your quantity of food, which means eating higher volumes of quality, lower calorie foods. Diets rich in antioxidants, like berries, beans and dark leafy green vegetables, can help with this goal.

### **Exercise And Keep Moving.**

Have you heard the phrase, "Sitting is the new smoking?" Roughly translated, Americans spend more time sitting today than ever before, both at work and leisure, with increased screen time on their phones, tablets and TVs, all which can have a negative impact on health.

The key is not to fall into the habit of a sedentary lifestyle. You'll feel better, and regular exercise can improve your balance and cardiovascular health. Strive for 30 minutes a day; even light walking can benefit.

*Before starting any exercise program, please consult your doctor.*



## Activity Highlight

We welcome our new in house physician Dr. Dezy. Her medical experiences in Delaware include the owning the first Geriatric Home Care Medical Practice in Wilmington area: working as a staff physician at Stockley Center (a long-term care facility for individuals with severe mental and physical disabilities) in Georgetown, and practice in Lewes Delaware. Dr. Dezy has held many other positions and titles in this Delaware area. State Street welcomes you!



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

*Contact us for details.*





## Resident Spotlight

MaryAnn Lambertson is one of our sweet ladies on Rose Lane. MaryAnn has a big smile and has a genuine heart for people. Since her move in to State Street Assisted Living she has made her mark in our Rose Lane Memory Care. MaryAnn loves music and loves to dance, when trying to speak she is sure to get her point across. MaryAnn enjoys the company of her neighbors and engages with them very well, for these reasons you are our Star Resident of the month. Thank you for making our community shine!

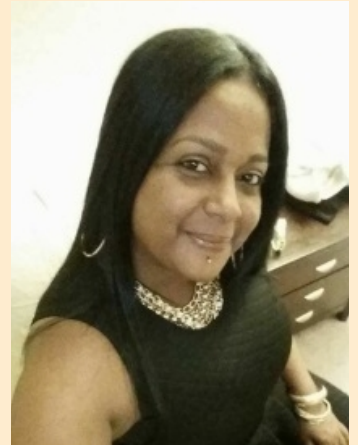


*MaryAnn Lambertson*



## Employee Spotlight

Jennifer Vega is one of our hard working CNA's here at State Street Assisted Living. Known as Jenn, she has been with us for about a 2 years and is one diligent worker. The residents love the care that she provides and the time she spends with them. Jenn helps out in other areas as well and is one to put others first. For these reasons and others you are our Star employee of the month. Thank you for making us shine!



*Jennifer Vega*



## Birthdays of the Month

10/09/18..... Mary Sue Thawley.....Resident  
 10/10/18..... Patricia Zarkowski..... Resident  
 10/19/18..... Marvin Fisher..... Resident  
 10/20/18..... Robert Peck..... Resident  
 10/30/18..... Deanna Ball.....Resident  
 10/31/18..... Donald Clark..... Resident  
 10/12/18..... Aletha Bordley..... Employee  
 10/22/18..... Sara Poore.....Employee  
 10/29/18..... Harley Jester..... Employee



## What's Happening:

~Happy Hour with Cindy~  
 Friday October 5th, 2pm Lobby  
 ~Autumn Yard Sale~  
 Wednesday October 17, 1230-330pm  
 ~Entertainer Sky Brady~  
 Tuesday October 23 10am  
 ~Meet& Greet Local Candidates  
 Friday October 26th 5-7pm Parlor  
 ~State Street Halloween Party~  
 Wednesday October 31st 2pm Lobby





# October 2018



## Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9:15 Reminiscing &amp; Coffee (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Out on the Porch (L) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie Night-Elvin Jones (LR3)</p>	<p>9:15 Reminiscing &amp; Coffee (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Out on the Porch (L) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie Night-Elvin Jones (LR3)</p>	<p>9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-Star Wars (LR3) 10:00 Teacher Card Signing (P) 1:00 Painting Relaxation (CR) 1:45 Walmart Outing (L) 2:00 Jewelry Making (CR) 3:00 Uno Attack (CR) 6:30 The Dot Game (LR3)</p>	<p>8:30 Fall Coloring (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Reminiscing &amp; Coffee (CR) 1:30 Store's Open (CR) 2:00 Resident Council (CR) 3:00 Bingo (CR) 6:30 Movie Night-Death Wish (LR3)</p>	<p>8:30 Halloween Word Scramble (CR) 9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-Eagle Eye (LR3) 1:00 Out on the Porch (L) 1:45 Dollar Tree Outing (L) 2:00 Monopoly (CR) 3:30 Skip Bo (CR) 6:30 Billiards (LR3)</p>	<p>8:30 Reminiscing &amp; Coffee (CR) 10:00 Bingo (CR) 1:00 Coloring Relaxation (CR) 1:30 Store's Open (CR) 2:00 Happy Hour w/Cindy (L) 3:00 Kings in the Corner (CR) 6:30 Movie Night-Lee Remore Live (LR3)</p>	<p>8:15 Coloring Relaxation (CR) 10:00 Country Ride (L) 1:00 Out on the Porch (L) 2:00 Bingo (CR) 3:00 Card Games (CR) 6:30 Billiards (LR3)</p>
<p>9:15 Word Scramble (CR) 10:00 Country Ride (L) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Victory Chapel Services (P) 3:00 Skip Bo (CR) 6:30 Billiards (LR3)</p>	<p>9:15 Reminiscing &amp; Coffee (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Seasonal Craft (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie Night-Double Jeopardy (LR3)</p>	<p>9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-Johnny Cash (LR3) 10:00 Chair Yoga w/Crystal (P) 1:00 Word Scramble (CR) 1:45 Out to Byler's (L) 2:00 Wood Crafting (CR) 3:00 Kings in the Corner (CR) 6:30 The Dot Game (CR)</p>	<p>8:30 Fall Coloring (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night-48 Hours (LR3)</p>	<p>8:30 Fall Coloring (CR) 9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-Transit Train (LR3) 11:00 Lunch @ China Town Buffet (L) 1:00 Jenga (CR) 2:00 Fall Craft (CR) 3:00 Card Games (CR) 6:30 Billiards (LR3)</p>	<p>8:30 Reminiscing &amp; Coffee (CR) 10:00 Bingo (CR) 1:00 Crafts w/Debbie (CR) 1:30 Store's Open (CR) 2:00 Happy Hour-Alger Food Cake Day (CR) 3:00 Uno Attack (CR) 6:30 Movie Night-National Treasures (LR3)</p>	<p>8:15 Coloring Relaxation (CR) 10:00 Painting Ceramic (CR) 1:00 Out on the Porch (L) 2:00 Bingo (CR) 3:00 Card Games (CR) 6:30 Billiards (LR3)</p>
<p>9:15 Reminiscing &amp; Coffee (CR) 10:00 Fall Craft (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Billiards (LR3)</p>	<p>9:15 Reminiscing &amp; Coffee (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Painting Ceramic (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Movie Night-Shadow Riders (LR3)</p>	<p>9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-High Society (LR3) 10:00 Chair Yoga w/Crystal (P) 1:00 Crafts w/Debbie (CR) 1:45 Big Loss Outing (L) 2:00 Jewelry Beading (CR) 3:00 Skip Bo (CR) 6:30 The Dot Game (CR)</p>	<p>8:30 Fall Coloring (CR) 10:00 Strength &amp; Balance w/Keith (L) 12:30 Autumn Yard Sale (L) 1:30 Store's Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie Night-First Knight (LR3)</p>	<p>8:30 Harvest Word Find (CR) 9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-Sarah Vaughan (LR3) 11:00 Lunch at Olive Garden (L) 1:00 Reminiscing &amp; Coffee (CR) 2:00 Pumpkin Craft (CR) 3:00 Kings in the Corner (CR) 6:30 Billiards (LR3)</p>	<p>8:30 Reminiscing &amp; Coffee (CR) 10:00 Bingo (CR) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Happy Hour w/Trisha (L) 3:00 Kings in the Corner (CR) 6:30 Movie Night-Casino Royale (LR3)</p>	<p>8:30 Fall Color Pages (CR) 10:00 Seasonal Craft (CR) 1:00 Out on the porch! (L) 2:00 Bingo (CR) 3:00 Card Games (CR) 6:30 Billiards (LR3)</p>
<p>9:15 Word Scramble (CR) 10:00 Seasonal Paint Craft (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Rummy (CR) 6:30 Billiards (LR3)</p>	<p>9:15 Reminiscing &amp; Coffee (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Out on the Porch (L) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Movie Night-Murphy's Romance (LR3)</p>	<p>9:15 Manicures (CR) 9:30 Movie &amp; Popcorn-Harry Connick Jr (LR3) 10:00 Singing w/Sky Brady (L) 1:00 Reminiscing &amp; Coffee (CR) 1:45 Walmart Outing (L) 2:00 Autumn Craft (CR) 3:00 Kings in the Corner (CR) 6:30 The Dot Game (CR)</p>	<p>8:30 Fall Coloring (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Crafts w/Debbie (CR) 1:30 Store's Open (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Movie Night-Wyatt Earp (LR3)</p>	<p>8:30 Autumn Word Find (CR) 9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-The Big Sleep (LR3) 10:00 Country Ride (L) 1:00 Out on the Porch (L) 2:00 Birthday Bash (CR) 3:00 Card Games (CR) 6:30 Billiards (LR3)</p>	<p>8:30 Reminiscing &amp; Coffee (CR) 10:00 Bingo (CR) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Happy Hour-German Chocolate Cake (CR) 3:00 Skip Bo (CR) 6:30 Movie Night-The Merchant Candidate (LR3)</p>	<p>8:15 Coloring Relaxation (CR) 10:00 Country Ride (L) 1:00 Out on the Porch (L) 2:00 Bingo (CR) 3:00 Kings in the Corner (CR) 6:30 Billiards (LR3)</p>
<p>9:15 Word Scramble (CR) 10:00 Country Ride (L) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bible Fellowship Services (P) 2:00 Bingo (CR) 3:00 Card Games (CR) 6:30 Billiards (LR3)</p>	<p>9:15 Halloween Word Find (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Reminiscing &amp; Coffee (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Movie Night-Along Came a Spider (LR3)</p>	<p>9:15 Manicures (LR2) 9:30 Movie &amp; Popcorn-Australia (LR3) 10:00 Corporate Kids Visits (L) 1:00 Halloween Jewelry Beading (CR) 1:45 Dollar Tree Outing (L) 2:00 Holiday Craft (CR) 3:00 Rummy (CR) 6:30 The Dot Game (CR)</p>	<p>8:30 Fall Coloring (CR) 10:00 Strength &amp; Balance w/Keith (L) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Halloween Party (L) 3:00 Card Games (CR) 6:30 Movie Night-Sleepy Hollow (LR3)</p>	<p>Columbus Day October 8th Activity Locations: Lobby (L) Parlor (P) All Floors (AF) Community Room (CR) Living Room 2nd floor (LR2) Living Room 3rd floor (LR3)</p>	<p>Happy Halloween October 31st</p>	

## Find Purpose And Positivity.

Once the kids are grown and careers mature, many older adults feel at loose ends. Why not use this time to start a new hobby, volunteer or reignite a past pleasure? Not only will you find greater fulfillment but staying mentally active can also help delay or lower your risk of dementia. Finding purpose also leads to greater positivity.

### **The key is to maintain a well-balanced life.**

What you eat, your activity level and other lifestyle habits are responsible for much of your health. At Kaplan, we're here to support your wellbeing. Let us know how we can help.

Sources:

<https://www.rd.com/health/health-care/5-keys-to-health-at-60-plus/>,

<https://drbubbs.com/blog/2017/9/6-tips-for-longevity-health>



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

302-674-2144



Admissions Director  
Sara Poore  
[spoore@statestreetal.com](mailto:spoore@statestreetal.com)

21 North State Street  
Dover, DE 19901