

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE STATE STREET RESIDENTS



*The Community That Treats You Like Family!*

## Being Thankful

For many Americans, Thanksgiving represents perfection in a holiday tradition: family, friends, food, shopping, and of course football. There are hundreds of reasons to be grateful. Perhaps most important is that it compels us to live in the present moment.

The website, [the-benefits-of-positive-thinking.com](http://the-benefits-of-positive-thinking.com), reiterates: "It helps you to be in the present by noticing what you do have and stopping to acknowledge it. This can be the company of a person, having food, or even being able to see."

Things you might be thankful for:

- Family, friends, neighbors and co-workers
- Your pets
- Food on the table
- Gainful employment, having a chance to be fruitful
- Being retired with time to relax
- The beauty of nature, the changing seasons, a sunset, sunrise or full moon

**The power of positive thinking – shifting from the negative to the positive.**

Constructively viewing life elevates the spirit. But did you know that being thankful can also impact goal attainment? By approaching life's ups and downs in a positive, productive way, you accomplish more, feel better about the job ahead and stay on course.

Conversely, dwelling on the negative can interrupt your stride and hamper productivity. For example, you may

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## Activity Highlight

In the picture below is one of our entertainers John Hadfield. John gives a great show every time he comes. He includes our residents in the show and gives us all a big laugh. He and his companion Reggie who is a lovable well trained Akita made the show even more of a hit. Thank you John and Reggie for great memories for us here at State Street Assisted Living.



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

*Contact us for details.*



## Resident Spotlight

Ms. Evelyn Jaggie, one of our sweet residents of State Street Assisted Living. She has been with us for over a year now and is quite the Lil' Lady! Ms. Evelyn has a quiet spirit and while in her 90's is still full of life. She goes on quite a bit of our outings but enjoys Red Lobster the most! Ms. Evelyn also enjoys the country rides that we go on, and does her own shopping while always looking sharp with those adorable hats. For



*Ms. Evelyn Jaggie*

these reasons you Ms. Evelyn are our Star resident of the month. Thank you for making our community shine!



## Employee Spotlight

Maurice has been employed with State Street for 2yrs. He is a part of the kitchen staff and does his job well. Maurice is diligent in his work and does a good job of making our residents smile. He has a kind word and goes above his duties by always lending a helping hand. We appreciate all that he does and are happy that he is a part of State Street Assisted Living. Thank you Maurice for being our star



*Maurice Butler-Dietary Staff*

employee of the month and for making our community shine.



## Birthdays of the Month

11/05/18..... Vertie Brown ..... Resident  
 11/14/18..... Bess Fjelsted..... Resident  
 11/19/18..... Emma Vilone..... Resident  
 11/26/18..... Larry Vodvarka..... Resident  
 11/30/18..... Hazel Suchko..... Resident



## What's Happening:

~Saturday Nov. 3rd @ 10am

Joyful Noise sings

~Friday Nov. 9th @ 2pm

Veterans Social

~Monday Nov 12th @ 2pm

Modern Maturity Singers

~Friday Nov. 23rd @ 2pm

Trisha Pastor Sings

~Tuesday Nov. 27th @ 10am





Entertainer Sky Brady Sings

~Thursday Nov 29th @ 2pm

Resident & Staff Birthday Bash



# November 2018 Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>Daylight Savings Time</b> <b>Fall back an hour Nov. 4th</b>	 <b>Election Day Nov 6th</b>	 <b>Veterans Day Nov. 11</b>	 <b>Thanksgiving Day! Nov 22</b>			
9:15 Word Scramble (CR) 4 10:00 Country Ride (L) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Card Games (CR) 6:30 Billards (LR3)	9:30 Reminiscing & Coffee (CR) 5 10:00 Strength & Balance w/Keith (CR) 1:00 Wood Crafting (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie: Night of the Gaby (LR3)	9:30 Manicures (LR2) 6 9:30 Movie: The Italian Job (LR2) 10:00 Chair Yoga w/Crystal (CR) 1:00 Fall Coloring 1:45 Out to Byler's (L) 2:00 Pumpkin Spice Cookie Bake (CR) 3:00 Uno Attack (CR) 6:30 The Dot Game (CR)	<b>Thanksgiving Day! Nov 22</b> 8:30 Fall Coloring (CR) 7 10:00 Strength & Balance w/Keith (CR) 1:00 Boringrams (CR) 1:30 Store's Open (CR) 2:00 Resident Council (CR) 3:00 Bingo (CR) 6:30 Movie: Mission Impossible 2 (LR3)	8:30 Manicures (CR) 8 9:30 Word Scramble (LR2) 9:30 Manicures (CR) 9:30 Movie: London Has Fallen (LR3) 11:00 Red Lobster for Lunch (L) 1:00 Fall Coloring (CR) 2:00 Seasonal Craft (CR) 3:00 Skip Bo (CR) 6:30 Billards (LR3)	8:30 Reminiscing & Coffee (CR) 9 10:00 Bingo (CR) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Veterans Social (CR) 3:00 Kings in the Corner (CR) 6:30 Movie: Devil Gimmie in Concert (LR3)	8:15 Coloring Relaxation (CR) 10 10:00 Baking Spice Cake (CR) 1:00 Out on the Porch (L) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Billards (LR3)
9:15 Word Scramble (CR) 11 10:00 Fall Painting Craft (CR) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo (CR) 3:00 Card Games (CR) 6:30 Billards (LR3)	9:30 Reminiscing & Coffee (CR) 12 10:00 Strength & Balance w/Keith (CR) 1:00 Out on the Porch (L) 1:30 Store Open (CR) 2:00 Modern Ministry Singers (L) 3:00 Skip Bo (CR) 6:30 Movie: The Next Three Days (LR3)	9:30 Manicures (LR2) 13 9:30 Movie: King Kong (LR3) 10:00 Chair Yoga w/Crystal (CR) 1:00 Fall Coloring 1:45 Dollar Tree Outing (L) 2:00 Special Tuesday Bingo! (CR) 3:00 Rummy (CR) 6:30 The Dot Game (CR)	8:30 Fall Coloring (CR) 14 10:00 Strength & Balance w/Keith (CR) 1:00 Wood Crafting (CR) 1:30 Store's Open (CR) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Movie: Postman (LR3)	8:30 Word Scramble (CR) 15 9:30 Manicures (LR2) 9:30 Movie: Wild Wild West (LR3) 1:00 Out on the Porch (L) 1:45 Big Lows Outing (L) 2:00 Seasonal Craft (CR) 3:00 Kings in the Corner (CR) 6:30 Billards (LR3)	8:30 Reminiscing & Coffee (CR) 16 10:00 Bingo (CR) 1:00 Jewelry Beading (CR) 1:30 Store's Open (CR) 2:00 Pumpkin Pie Social (CR) 3:00 Card Games (CR) 6:30 Movie: Keeping the Faith (LR3)	8:15 Coloring Relaxation (CR) 17 10:00 Country Ride (L) 1:00 Seasonal Craft (CR) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Billards (LR3)
9:15 Word Scramble (CR) 18 10:00 Outing Country Ride (L) 10:30 Catholic Communion (AF) 1:00 Afternoon Stroll (L) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Card Games (CR) 6:30 Billards (LR3)	9:30 Reminiscing & Coffee (CR) 19 10:00 Strength & Balance w/Keith (CR) 1:00 Fall Coloring (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Kings in the Corner (CR) 6:30 Movie: Bridge of Spies (LR3)	9:30 Manicures (LR2) 20 9:30 Movie: Frank Sinatra (LR3) 10:00 Chair Yoga w/Crystal (CR) 11:00 Redrocks Outing (L) 1:00 Seasonal Craft (CR) 2:00 Jewelry Making (CR) 3:00 Uno Attack (CR) 6:30 The Dot Game (CR)	8:30 Fall Coloring (CR) 21 10:00 Strength & Balance w/Keith (CR) 1:00 Checkers Chess (CR) 1:30 Store's Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie: A Star is Born (LR3)	8:30 Word Scramble (CR) 22 9:30 Movie: The Help (LR3) 10:00 Bingo (CR) 11:00 Card Games (CR) 12:00 Enjoy Your Thanksgiving!! 6:30 Wizard of Oz (LR3)	8:30 Reminiscing & Coffee (CR) 23 10:00 Bingo (CR) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Happy Hour w/Tina (L) 3:00 Card Games (CR) 6:30 Movie: Even When We're Not Lovers (LR3)	8:15 Coloring Relaxation (CR) 24 10:00 Seasonal Craft (CR) 1:00 Checkers (CR) 2:00 Bingo (CR) 3:00 Card Games (CR) 6:30 Billards (LR3)
9:15 Word Scramble (CR) 25 10:00 Holiday Craft (CR) 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 Billards (LR3)	9:30 Reminiscing & Coffee (CR) 26 10:00 Strength & Balance w/Keith (CR) 1:00 Fall Color Pages (CR) 1:30 Store Open (CR) 2:00 Bingo (CR) 3:00 Uno Attack (CR) 6:30 Movie: Anshree Thar (LR3)	9:30 Manicures (LR2) 27 9:30 Movie: McLintock (LR3) 10:00 Singing w/Sky Brady (L) 1:00 Fall Coloring (CR) 1:45 Dover Mall Outing (CR) 2:00 Jewelry Beading 3:00 Kings in the Corner (CR) 6:30 The Dot Game (CR)	8:30 Fall Coloring (CR) 28 10:00 Strength & Balance w/Keith (CR) 1:00 Reminiscing & Coffee (CR) 1:30 Store's Open (CR) 2:00 Bingo (CR) 3:00 Rummy (CR) 6:30 Movie: Indiana Jones (LR3)	8:30 Word Scramble (CR) 29 9:30 Manicures (LR2) 9:30 Movie: Return of Pink Panther (LR3) 1:00 Seasonal Craft (CR) 2:00 Birthday Bash (CR) 3:00 Card Games (CR) 6:30 Billards (LR3)	8:30 Reminiscing & Coffee (CR) 30 10:00 Bingo (CR) 1:00 Out on the Porch (L) 1:30 Store's Open (CR) 2:00 Happy Hour w/Music (P) 3:00 Card Games (CR) 6:30 Movie: Joe Kidd (LR3)	Activity Locations: P: Parlor L: Lobby AF: All Floors CR: Community Room LR2: Living Room 2nd Floor LR3: Living Room 3rd Floor

## Being Thankful *(continued from front cover)*

get caught up on reliving the past or fretting about the future, rather than staying grounded in the present.

**When you talk positively, whether out loud or to yourself, the outcomes are more likely to be positive.**

Try writing down things you are thankful for every day. Realizing all you can be thankful for helps you to see things differently and react more confidently to people and situations. And you're less likely to compare what you have to others or become depressed by what you don't have.

This Thanksgiving, take time to embrace and express your gratitude fully and to look within as a way for a better life.

*Sources:*

<https://www.the-benefits-of-positive-thinking.com/importance-of-being-grateful.html>

<https://inspiyr.com/being-grateful/>

<https://www.cbsnews.com/news/the-health-benefits-of-being-thankful/>



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

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