

COMMUNITY CONNECTION

A NEWSLETTER FOR THE STATE STREET RESIDENTS



The Community That Treats You Like Family!

Family Traditions & Holiday Tips

It's The Most Wonderful Time Of The Year...

A song made famous by the Andy Williams' Christmas Album, it adorns cards and is heard in stores everywhere. But how can we truly make this holiday season *the* most wonderful time? Here are some ways to get the most from this treasured time of year:

Set Reasonable Aspirations

How we anticipate an event can grow in our minds so much that when it finally arrives, we feel let down. If this tends to be you, relax and keep expectations real.

Determine a Spending Budget

It's perfectly okay – prudent in fact – not to overspend! Start with a budget and map out what you can spend. Draft a list and stick to it.

Focus on Friends or Family

Why not let the holidays be a time to remind those you love how much you care? Try mailing a hand-written letter or calling someone you've not seen recently.

Make Time for Traditions

Along with your favorites, use this time to start new traditions.

Reflect On Memories

For many, the holidays can produce feelings of grief or loneliness. It's okay to express these feelings either with a loved one or to seek professional help.

Family Traditions & Holiday Tips cont. on back cover



Activity Highlight

This lovely group in the picture below is the Modern Maturity Harmonicas. They come to us every year excited to play for us. We enjoy the Christmas tunes they play welcoming the joyful season. Another group that joins us from the Modern Maturity center is the Modern Maturity singers and also the Red Hatters. We thank you Modern Maturity for your great entertainment you bring to our facility.



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

Contact us for details.





Resident Spotlight

Ms. Clara Driscoll is one of our sweetest ladies in our Memory Care on Rose Lane. She has been with us for a little over 5 months now and she is very pleasant. Ms. Clara loves coloring and making sure things are tidy and clean in her apartment and also on Rose Lane. She folds the blankets and makes sure the residents that have a blanket are properly covered and tucked in. We love you and are happy to make you our Star resident of the month. Thank you for making our community shine!



Ms. Clara Driscoll



Employee Spotlight

Rona Clark is one of our amazing nurses here at State Street. Rona has been with us for about a year now and she is much appreciated by our staff and also our residents. Her patience exudes with love and care for the residents and they feel it. Rona is on time and also picks up shifts when there are needs and truly shows her dedication to her job. For these reasons Rona we are happy to make you our December employee of the month. Thank you for making our community shine!



Rona Clark-Nurse



Birthdays of the Month

12/02/18..... Betty Klug..... Resident
 12/14/18..... Bruce Kitchin..... Resident
 12/27/18..... Amy Chase..... Employee



What's Happening:

~State Street Wreath Stroll~
 Thursday Dec. 6th @ 6-8pm
 ~Brook Robbins Entertainment~
 Friday Dec.7th @ 2pm in our Lobby
 ~Resident & Family Christmas Party~
 Thursday Dec. 13th @ 6-8pm
 ~1st Baptist Church-Christmas Caroling
 Friday Dec.14th @ 5:30pm in Parlor
 ~Grotto's Pizza for Lunch~
 Thursday Dec. 27th @ 11 am

December 2018 Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 9:15 Word Scramble (CR) 10:30 Seasonal Painting Craft (CR) 10:30 Catholic Communion (AF) 1:00 Kings in the Corner (CR) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Ramming (CR) 6:30 Billards (LR) 9:15 Word Scramble (CR) 10:30 Seasonal Painting Craft (CR) 10:30 Catholic Communion (AF) 1:00 Kings in the Corner (CR) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Ramming (CR) 6:30 Billards (LR)	 9:15 Reminiscing & Coffee (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Christmas Tree Decorating (AF) 1:30 Silent Open (CR) 2:00 Bingo (CR) 2:00 Silent Attack (CR) 4:30 Movie Night- Catch Us If You Can (CR) 9:15 Reminiscing & Coffee (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Christmas Tree Decorating (AF) 1:30 Silent Open (CR) 2:00 Bingo (CR) 2:00 Silent Attack (CR) 4:30 Movie Night- Catch Us If You Can (CR)	 9:15 Christmas Puzzle (CR) 9:15 Menorah (LR) 9:30 Movie- A Christmas Carol (CR) 10:00 Choir- Yogi w/ Crystal (CR) 10:00 Ginger Bread Cookie Bake (CR) 1:45 Silent Open (CR) 2:00 Eat a Real Apple Day Social (CR) 3:00 Kings in the Corner (CR) 6:30 The Dor Games (CR) 9:15 Christmas Puzzle (CR) 9:15 Menorah (LR) 9:30 Movie- A Christmas Carol (CR) 10:00 Choir- Yogi w/ Crystal (CR) 10:00 Ginger Bread Cookie Bake (CR) 1:45 Silent Open (CR) 2:00 Eat a Real Apple Day Social (CR) 3:00 Kings in the Corner (CR) 6:30 The Dor Games (CR)	 9:30 Holiday Coloring (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Christmas Tree Decorating- 2nd Fl. 1:00 Silent Open (CR) 2:00 Resident Council (CR) 1:00 Bingo (CR) 4:30 Christmas Lights Ride (L) 6:30 Movie Night- The Grinch (LR) 8:30 Holiday Coloring Pages (CR) 10:00 Strength & Balance w/ Keith (CR) 10:00 Kings in the Corner (CR) 1:45 Silent Open (CR) 2:00 Bingo (CR) 4:30 Movie Night- The Grinch (LR) 8:30 Holiday Coloring Pages (CR) 10:00 Strength & Balance w/ Keith (CR) 10:00 Kings in the Corner (CR) 1:45 Silent Open (CR) 2:00 Bingo (CR) 4:30 Movie Night- The Grinch (LR)	 9:15 Word Scramble (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR) 8:30 Reminiscing & Coffee (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR)	 8:30 Reminiscing & Coffee (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR) 8:30 Reminiscing & Coffee (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR)	 8:30 Seasonal Coloring (CR) 9:00 Reminiscing & Coffee (CR) 9:45 Country Ride (L) 1:00 Crafty with Amy (CR) 2:00 Bingo (CR) 3:00 Silent Attack (CR) 6:30 Billards (LR) 8:30 Seasonal Coloring (CR) 9:00 Reminiscing & Coffee (CR) 9:45 Country Ride (L) 1:00 Crafty with Amy (CR) 2:00 Bingo (CR) 3:00 Silent Attack (CR) 6:30 Billards (LR)
 9:15 Word Scramble (CR) 10:30 Seasonal Painting Craft (CR) 10:30 Catholic Communion (AF) 1:00 Kings in the Corner (CR) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Ramming (CR) 6:30 Billards (LR) 9:15 Word Scramble (CR) 10:30 Seasonal Painting Craft (CR) 10:30 Catholic Communion (AF) 1:00 Kings in the Corner (CR) 2:00 Bingo (CR) 2:00 Victory Chapel Services (P) 3:00 Ramming (CR) 6:30 Billards (LR)	 9:15 Reminiscing & Coffee (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Christmas Tree Decorating (AF) 1:30 Silent Open (CR) 2:00 Bingo (CR) 2:00 Silent Attack (CR) 4:30 Movie Night- Catch Us If You Can (CR) 9:15 Reminiscing & Coffee (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Christmas Tree Decorating (AF) 1:30 Silent Open (CR) 2:00 Bingo (CR) 2:00 Silent Attack (CR) 4:30 Movie Night- Catch Us If You Can (CR)	 9:15 Christmas Puzzle (CR) 9:15 Menorah (LR) 9:30 Movie- A Christmas Carol (CR) 10:00 Choir- Yogi w/ Crystal (CR) 10:00 Ginger Bread Cookie Bake (CR) 1:45 Silent Open (CR) 2:00 Eat a Real Apple Day Social (CR) 3:00 Kings in the Corner (CR) 6:30 The Dor Games (CR) 9:15 Christmas Puzzle (CR) 9:15 Menorah (LR) 9:30 Movie- A Christmas Carol (CR) 10:00 Choir- Yogi w/ Crystal (CR) 10:00 Ginger Bread Cookie Bake (CR) 1:45 Silent Open (CR) 2:00 Eat a Real Apple Day Social (CR) 3:00 Kings in the Corner (CR) 6:30 The Dor Games (CR)	 9:30 Holiday Coloring (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Christmas Tree Decorating- 2nd Fl. 1:00 Silent Open (CR) 2:00 Resident Council (CR) 1:00 Bingo (CR) 4:30 Christmas Lights Ride (L) 6:30 Movie Night- The Grinch (LR) 8:30 Holiday Coloring Pages (CR) 10:00 Strength & Balance w/ Keith (CR) 10:00 Kings in the Corner (CR) 1:45 Silent Open (CR) 2:00 Bingo (CR) 4:30 Movie Night- The Grinch (LR) 8:30 Holiday Coloring Pages (CR) 10:00 Strength & Balance w/ Keith (CR) 10:00 Kings in the Corner (CR) 1:45 Silent Open (CR) 2:00 Bingo (CR) 4:30 Movie Night- The Grinch (LR)	 9:15 Word Scramble (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR) 8:30 Reminiscing & Coffee (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR)	 8:30 Reminiscing & Coffee (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR) 8:30 Reminiscing & Coffee (CR) 10:00 Special Thursday Bingo! (CR) 10:00 Jewelry Making (CR) 1:00 Dollar Tree Opening (L) 2:00 Seasonal Craft (CR) 3:00 Silent Attack (CR) 4:30 Movie Night- The Grinch (LR)	 8:30 Seasonal Coloring (CR) 9:00 Reminiscing & Coffee (CR) 9:45 Country Ride (L) 1:00 Crafty with Amy (CR) 2:00 Bingo (CR) 3:00 Silent Attack (CR) 6:30 Billards (LR) 8:30 Seasonal Coloring (CR) 9:00 Reminiscing & Coffee (CR) 9:45 Country Ride (L) 1:00 Crafty with Amy (CR) 2:00 Bingo (CR) 3:00 Silent Attack (CR) 6:30 Billards (LR)

All activities are subject to change due to unforeseen circumstances.

Family Traditions & Holiday Tips

(continued from front cover)

Stay Healthy

Everywhere you look there are ways to cheat on your diet. Here, the adage to enjoy things in moderation prevails. When you stick to your routine, you'll not have to face the fallout from holiday weight gain.

Think Of Yourself

It's okay to say no to invitations or requests for help. And don't feel guilty about taking a few shortcuts. Maybe it's having dinner delivered rather than cooking from scratch or having Shipt or TaskRabbit do the shopping.

Give To Others

It can be as simple as offering your time, helping a neighbor or sharing a smile. Giving can boost your mood, help fight loneliness and strengthen social bonds.

Sources:

<https://www.psychologytoday.com/us/blog/in-flux/201112/7-strategies-happy-holiday-season>

<https://getthehealthyu.com/4-steps-holiday-happiness/>

https://www.huffingtonpost.com/2014/12/16/make-holidays-less-stressful_n_6337440.html

https://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you



www.StateStreetAL.com

302-674-2144



Admissions Director

Sara Poore

spoore@statestreetal.com

21 North State Street
Dover, DE 19901