December | 2018

# **COMMUNITY CONNECTION**

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.

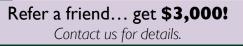
## Make Time for Traditions

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







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.





## **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



Ms. Clara Driscoll

our Star resident of the month. Thank you for making our community shine!

## 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



Rona Clark-Nurse

our December employee of the month. Thank you for making our community shine!



## 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

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## Family Traditions & Holiday Tips

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## 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:

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