January | 2019

COMMUNITY CONNECTION

NEWSLETTER FOR THE STATE STREET RESIDENTS



The Community That Treats You Like Family!

Making Every Resolution Count

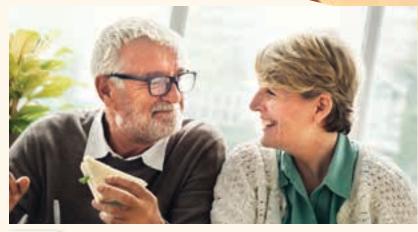
It's 2019, time to make every resolution count.

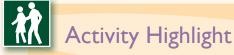
We've selected our ten favorites for seniors – or anyone wanting to see an improvement in their life. Ten Popular (And Do-Able) Resolutions:

- Walk 10 minutes every day. This is a realistic goal and one that can enhance your overall wellbeing. Exercise also releases endorphins which are essential to mood enhancement.
- 2. Learn something new. There's nothing better than accomplishing a new feat, skill or hobby. Self-improvement is uplifting and increases confidence levels.
- 3. Read a book each month. It may sound cliché, but reading does open doors to the world. Pick a genre you enjoy. Or better yet, try a new genre.
- Make time for brain games. Take part in games such as Sudoku and other stimulating activities. These can enhance cognitive skills and inhibit certain types of memory loss and dementia.
- 5. Eat right. Try cutting back on empty calories or adding at least one "super food" (those abundant in vitamins) to your diet every day.
- Sleep tight. Get the recommended eight hours of sleep every night. Experts suggest turning off your TV, phone or other devices, and going to bed at the same time every night.

Making Every Resolution Count cont. on back cover

Refer a friend... get **\$1,500**! Contact us for details.





On December 7th some ladies from Delaware Hospice came to honor our veterans of State Street Assisted Living.

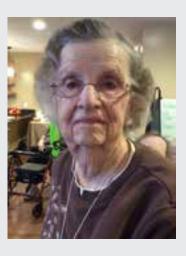
They joined us on the observance of Pearl Harbor Day. Our veterans received certificates, flags and a pin of honor from a younger generation of Air Force men and women. We thank you Delaware Hospice for making our veterans feel loved and never forgotten for their service to our country.





Resident Spotlight

Ms. Gertrude our January resident of the month. Thank you for making our community shine!



Gertrude Weissenfluh



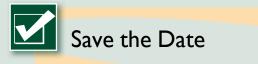
Devin has been with us for a few short months but has proven to be an great addition to the State Street Assisted Living family. Thanks you taking such good care of our residents and for making our community shine.



Devin Lyons LPN

Birthdays of the Month

	t
01/09/19 Shirley FerrisResiden	-
01/21/19 John Hollingsworth Residen	t
01/27/19 Louise Stover Residen	t
01/07/19 Ann Dawley Employed	e
01/09/19 Astin Tolson Employed	e
01/12/19 Debbie Sammons Employee	e
01/18/19 Sue Long Employee	e
01/21/19 Jimmy LarsenEmployee	e
01/30/19 Theresa Chavis Employed	e



Here's What's Happenings:

1/11 Happy Hour-Exploring Australia 2 pm Activity Room 1/15 Lunch @ Applebee's 1115 am Lobby 1/21 Honoring Dr. Martin L King 1pm Activity Room 1/22 At Dover Downs 1115 in Lobby 1/29 Entertainment with Sky Brady 2pm Lobby

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All Activities are subject to change that to unforcest situations.

Making Every Resolution Count

(continued from front cover)

- 7. Review your finances and legal papers. When you're in control of your money, you can rest easier and feel more optimistic. Also ensure legal documents are up-to-date.
- Try a new technology. One idea is to learn more about the functions on your smartphone. Or maybe download a new app you've wanted to try.
- 9. Volunteer for your favorite charity. Nothing is better than giving back. And when you can help someone else, you feel inspired yourself.
- 10. Quit something that is bad for you. This can be smoking, overeating, drinking too much or even worrying. There are smaller things to conquer as well, such as improving your posture.

Sources:

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