

COMMUNITY CONNECTION

A 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:

1. 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.
4. 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.
6. 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



Activity Highlight

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.



Refer a friend... get \$1,500!

Contact us for details.



Resident Spotlight

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



Gertrude Weissenfluh



Employee Spotlight

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

01/01/19.....	Raymond Ford.....	Resident
01/09/19.....	Shirley Ferris.....	Resident
01/21/19.....	John Hollingsworth.....	Resident
01/27/19.....	Louise Stover.....	Resident
01/07/19.....	Ann Dawley.....	Employee
01/09/19.....	Astin Tolson.....	Employee
01/12/19.....	Debbie Sammons.....	Employee
01/18/19.....	Sue Long.....	Employee
01/21/19.....	Jimmy Larsen.....	Employee
01/30/19.....	Theresa Chavis.....	Employee



Save the Date

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

Happy New Year! January 2019 Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 9:05 Word Scramble (CR) 10:00 Jewelry Making (CR) 10:30 Catholic Communion (AF) 1:00 Runarounds (CR) 2:00 Chapel Services (P) 3:00 Uno Attack (CR) 6:30 Billiards (LRC)	 9:05 Word Puzzles (CR) 10:00 Strength & Balance w/Keith (CR) 1:00 Coloring Relaxation (CR) 1:30 Shoe Opener (CR) 2:00 Bingo (CR) 2:30 Sip-Bs (CR) 6:30 Movie: Sheltered Helms (LRC)	 9:05 Crossword Puzzle (CR) 10:00 Holiday Bingo (CR) 10:30 New Year w/Emily & Friends 6:30 The Dot Game (CR)	 9:05 Miniatures (LRC) 9:30 Movie: Open Range (LRC) 10:00 Chair Yoga (CR) 1:00 Jewelry Making (CR) 1:45 Dollar Tree Outing (L) 2:00 Seasonal Craft (CR) 3:00 Kings in the Corner (CR) 6:30 The Dot Game (CR)	 9:05 Miniatures (LRC) 9:05 Word Scramble (CR) 9:30 Movie: African Queens (LRC) 1:00 Color Relaxation (CR) 1:30 Shoe Opener (CR) 2:00 Bingo (CR) 3:00 Running (CR) 6:30 Billiards (LRC)	 9:05 Miniatures (LRC) 9:05 Word Scramble (CR) 9:30 Movie: African Queens (LRC) 1:00 Color Relaxation (CR) 1:30 Shoe Opener (CR) 2:00 Bingo (CR) 3:00 Running (CR) 6:30 Billiards (LRC)	 9:05 Miniatures (LRC) 9:05 Word Scramble (CR) 9:30 Movie: African Queens (LRC) 1:00 Color Relaxation (CR) 1:30 Shoe Opener (CR) 2:00 Bingo (CR) 3:00 Running (CR) 6:30 Billiards (LRC)
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All Activities are subject to change due to unforeseen situations.

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(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.
8. 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.

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