February | 2019

COMMUNITY CONNECTION

NEWSLETTER FOR THE STATE STREET RESIDENTS



The Community That Treats You Like Family!

Stay Connected!

Walking with a friend in the dark is better than walking alone in the light. – Helen Keller

When we think of overcoming obstacles, it's hard to argue that anyone had more to overcome than Helen Keller. Yet Helen was human, and she didn't go it alone; she relied on her friend and teacher, Anne Sullivan.

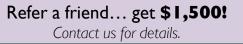
Humans are hardwired to interact with others, especially during times of stress, says Frank McAndrew, Ph.D., writing for *Psychology Today* (www. psychologytoday.com). "When we go through a trying ordeal alone, a lack of emotional support and friendship can increase our anxiety and hinder our coping ability."

The blog, *theconversation.com*, cites a project conducted by Brigham Young University in 2015 that looked at multiple studies on loneliness and isolation — and its potentially adverse health impact. Consequences included increased stress (resulting in the release of cortisol) and even premature death.

Combatting Loneliness

- 1. **Eat out:** Sharing a meal is a terrific way to reunite with a friend.
- 2. **Adopt a pet:** Caring for a furry friend helps to recharge nurturing instincts.
- 3. Join a club: You'll meet friends who share similar interests.

Stay Connected! cont. on back cover







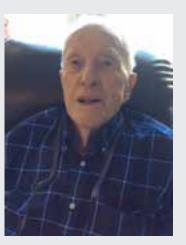
So in this picture our exercise instructor Keith is dancing with our residents. The residents looks forward to coming to this class. Keith does an amazing job at keeping them moving and most all having fun. Thank you Keith for doing such a great job with our residents. Keep up the good work!





Resident Spotlight

Doug Wilson joined our community a little less than a year ago. He came right in and joined in activities and our events. Doug enjoys coloring and jewelry making. His art work gets hung often in our activity room because it's filled with such inspiration. Thank you Mr. Wilson for being our Star resident of the month.



Resident of the Month

Employee Spotlight

Thank you George for being an excellent addition to our community. We thank you for your star attendance and for always having a pleasant smile to share with our staff and residents. You are our Star Employee for February. Thank you for making our community shine.



George King-Dietary Staff

Birthdays of the Month

02/05/19	. Douglas Wilson	Resident
02/07/19	. Mary Cookson	Resident
	. Gilda Pollio	
02/16/19	. Audrey Pugh	Resident
02/22/19	. Helen Robertson	Resident
02/01/19	. Shanlynn Vaughn	Employee
02/02/19	. Gladys Evans	Employee
02/08/19	. Daphne Driggriss	Employee
02/10/19	. Zandra Sauers	Employee
02/14/19	. Jamie Tharp	Employee
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Save the Date

-Tuesday February 5th @ 2pm
Rob Bolan Entertaining us in Music
-Thursday February 14th @430 pm
Wesley Nursing Students Visits
-Friday February 16th @ 2pm
Brook Robbins entertains in song
-February 26 @ 10am
Sky Brady entertains in song & dance
-February 28th @10 am
Black History Celebration @ Modern Maturity Center

Be sure to join us !

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Stay Connected

(continued from front cover)

- 4. **Visit neighbors:** Many people are looking to reconnect in a world that seems to be filled with bad news daily.
- 5. **Put on your walking shoes:** Malls are an ever-popular destination. During nice weather, head to a park with well-paved, even surfaces.
- 6. Use technology: If the weather's not good, try using a tablet to "facetime" a friend.
- 7. **Worship with a friend:** You reconnect with friends, plus it's a recurring activity to look forward to.

Growing older:

It's not always easy. But at Kaplan, we are here to

support you and your well-being.

Sources:

https://www.psychologytoday.com/us/blog/out-the-ooze/201611/the-perils-social-isolation

https://theconversation.com/loneliness-is-bad-for-your-health-90901 http://blogs.einstein.yu.edu/how-loneliness-affects-the-mind-and-body/ https://www.bayalarmmedical.com/medical-alert-blog/6-powerful-ways-helpseniors-avoid-isolation/



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