

# COMMUNITY CONNECTION

A 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](http://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*



## Activity Highlight

So in this picture our exercise instructor Keith is dancing with our residents. The residents look 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!



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

*Contact us for details.*





## 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  
 02/10/19..... Gilda Pollio..... Resident  
 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



## Save the Date

~Tuesday February 5th @ 2pm

Rob Bolan Entertaining us in Music

~Thursday February 14th @ 4:30 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 !



# February 2019

## Assisted Living Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 9:15 Word Scramble (CR) 10:00 Monopoly (CR) 10:30 Catholic Communion (AF) 1:00 Color Rejuvenation (CR) 2:00 Bingo (CR) 2:00 Victory Chapel Services (AF) 3:00 Card Games (CR) 6:30 Billiards (LR)	 9:15 Word Find (CR) 10:00 Strength & Balance w/ Keith (CR) 10:30 Chinese Set Card (CR) 1:30 Story Open (CR) 2:00 Bingo (CR) 2:00 Rumor (CR) 4:30 Movie: The School of Fish (LR)	 9:15 Crossword Puzzle (CR) 10:00 Music w/ Rob Bolan (L) 1:00 Jewelry Making (CR) 2:00 Valentine Crafts (CR) 2:00 Walkabout Outing (L) 3:00 Uno Attack (CR) 6:30 The Dot Game (CR)	 9:15 Seasonal Coloring (CR) 10:00 Strength & Balance w/ Keith (CR) 1:00 Clay-Sketch Game (CR) 1:30 Story Open (CR) 2:00 Resident Council (CR) 3:00 Bingo (CR) 6:30 Movie: The Help (LR)	 9:15 Manicures (LR) 9:15 Word Scramble (CR) 10:00 Mens Club Bridge (LR) 1:00 Checkers/Chess (CR) 1:45 Dollar Tree Outing (CR) 2:00 Chinese Craft (CR) 3:00 Skip Bo (CR) 6:30 Billiards (CR)	9:15 Reminiscing & Coffee (CR) 10:00 Bingo (CR) 1:00 Checkers/Chess (CR) 1:30 Story Open (CR) 2:00 Happy Hour Exploring China (P) 2:00 Chordless Challenge Game (CR) 6:30 Movie: Video-Land Hampton: Our Town (LR)	9:15 Reminiscing & Coffee (CR) 10:00 Seasonal Craft (CR) 1:00 Chinese Coloring Sheets (CR) 2:00 Bingo (CR) 3:00 Skip Bo (CR) 6:30 Billiards (LR)
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All activities are subject to change due to unforeseen situations.

## 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:

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<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-help-seniors-avoid-isolation/>



[www.StateStreetAL.com](http://www.StateStreetAL.com)

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