

# The Alderman Newsflash

The newsletter by the residents, for the residents December 2015

## 👉 The Fall Photo Edition 👈

### Tis' the Season for Giving

By Avery Jackson

Halloween is officially over and with Christmas just around the corner it's time to start planning gifts! While gift giving can be stressful, it doesn't have to be. Studies have shown that giving gifts either in money, food, or a tangible present lifts moods and increases the giver's overall happiness, regardless of whether you receive something in return. For those who say gift giving is impractical or not necessary and refuse to accept or exchange gifts during the holidays, may be missing out on an important connection with family and friends.

Altruistic behavior, such as giving to charities or to a loved one, activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect. Scientists also believe that altruistic behavior releases endorphins in the brain, producing the positive feeling known as the "helper's high."

Everyone knows that handmade cards and gifts can be the best, and that's why we have added an activity on Fridays at 3:30 in the Treetop Lounge where Avery, Denise, and Sue can help you make some FUN and EASY Christmas gifts!

**Need a fun container for your Christmas cookies?  
We can do it!**

**Need a festive holiday wreath for your door?  
Consider it made!**

**Have fun ideas?  
Tell us and we can make it happen!**

These exchanges promote a sense of trust and cooperation that strengthens our ties to others—and research has shown that having positive social interactions is central to good mental and physical health.

When we give to others, we don't only make them feel closer to us; we also feel closer to them. Studies have found that by being kind and generous leads you to perceive others more positively and more charitably, and this fosters a greater sense of community.



**You are NEVER  
too old to have fun and  
dress up in costumes!**



**Everyone was on their  
best behavior with Sister Trudi  
Koloski patrolling the hallways.  
A fight nearly broke out between  
Angel Theresa and Devil Betty  
Iannello during Happy Hour!**



# Spook-tacular Fun

By Elbert, Chief of Staff

Our Annual Halloween bash was a doggity good time - for dogs and humans alike!

I sniffed out the best decorated walker, and boy was it decked out, and won... *hands down* (ha!). Cory Fuller had an *extra hand* that gave her walker that little bit of edge to send it sprinting to the winners circle!

In response to her big win, Cory told me, "Theres a lot of creative people here; there truly are! I was just pleasantly surprised to have won!" She refused to say what she would do next year... but she promised not to disappoint.

And lets not forget about the pumpkin decorators. The 7 pumpkins created by our talented staff were amazing, but the clear winner was Housekeeping Department's by a landslide! Lets just say I am sure some pillow chocolates went along with their normal cleaning routines as a thank you... Jeanette, Leader of the Housekeeping Department, simply said "We know where our resident's loyalties lie... And they know who keeps the extra tissues and toilet paper!"

Administration took second with their amazing

horse drawn pumpkin done Cinderella style. Maybe Rusty will consider getting some real ponies for me to wrangle. After all, he has the cowboy hat and I have a bandana!

I want to send a big paws-up to the kitchen staff... I may or may not have sneaked a bite of something off the grill and it was yummy!

Thank you everyone for having a great time! Make sure to keep the petting and loving coming, I'll be waiting by the front door to see you!



Everyone looked fabulous in their costumes and it was a joy to see our residents and guests laughing and having fun.

## December Birthdays

**Jack Jesser - Dec 3**

**Thana Anderson - Dec 7**

**Joyce Ingham - Dec 17**

**Joan Phelps - Dec 18**

**Lois Schulman - Dec 19**

## Staff Members

**Maria Cerda - Dec 12**

**Avery Jackson - Dec 17**

**Daphne Florence - Dec 30**