

# The Alderman Newsflash

The newsletter by the residents, for the residents

## Living Life Creatively

By Avery Jackson

Most people do not consider themselves to be “creative” because creativity is often only associated with arts and crafts. Believe it or not, everyone is a creative person! Below are the 7 different styles of creativity with examples of activities a person with that creative intelligence would be most interested in doing.

1. **Social or Interpersonal:** Discuss, exchange ideas, and build relationships, keep a personal journal, read alone, meditate, study to answer personal questions
2. **Musical:** Attend concerts, play an instrument, hum melodies, sing with others, enjoy rhythms
3. **Spatial:** Paint, draw, design web pages, design rooms, make cards, create logos, map out routes, mind mapping
4. **Body-Kinesthetic:** Play sports, enjoy movement, walk on tours, notice body language, dance
5. **Logical-Mathematical:** Solve problems, balance checkbooks, create schedules, budget money
6. **Naturalistic:** Collect specimens, garden, follow animal footprints, photograph landscapes
7. **Verbal-Linguistic:** Tell stories, write essays, participate in interviews, converse easily with peers.

According to recent findings in a Journal of the American Medical Association study, exercising the brain is important in keeping the brain alert and strong. Learning to do something new engages and exercises the brain, ultimately promoting its health and your happiness. Several activities here, such



**Betty Tyler and Joyce Ingham enjoy live music and dancing, two forms of creativity.**



**Avery Jackson and Diane Gossett both love to express their creativity through painting on Mondays!**

as the daily exercise class, allows for both socialization—a form of mental stimulation—and physical activity in an effort to engage your entire brain at once.

“Physical activity promotes mental health by regenerating brain cells. It’s a proven fact that EXERCISING (Which is 10 am Monday-Friday!), dancing, walking etc. are all activities that aid in keeping both the brain and body healthy,” says Activities Director Denise Leonhard. “These social activities also prevent us from being isolated, which may lead to depression. Exercise and activity are a bonus for both physical and mental well being!”

# Welcome to the Alderman Oaks Library

by Rosie Corrigan and Grace Snyder

Do you ever find yourself craving a good story filled with adventure and maybe a little romance? Or maybe you might want to learn more about a distant city or long lost culture? Come and visit our two libraries, one on the first floor and the other on the third to pick out a book to fit your mood!

You will find hard cover selections in the library on the first floor and paperback books in the bookcases in the Tree Top Lounge on the third floor. Past and current residents at Alderman Oaks have donated these books, which means that there is something for everyone.

Our volunteer residents have organized the books in the libraries according to category. We have everything from fiction and history to mystery and travel! We have specialty books with big print to make it easier on your eyes, and reference books like the dictionary. On the third floor you will also find jig saw puzzles and books perfect to get you in the mood for upcoming holidays, like Christmas. Each shelf is marked according to category to make it easier to find what you are looking for.

We encourage all residents to take advantage of the variety available in our libraries. So come relax in a comfy chair or curl up on the couch and get lost in a good story!

“Reading is to the mind what exercise is to the body.”

- Joseph Addison -

## September Birthdays

**Betty Geyer - Sept 1**

**Betty Tyler - Sept 2**

**Trudi Koloski - Sept 14**

**Robert De Lee- Sept 22**

**Rita Rebhan - Sept 23**

**Betty Iannello - Sept 26**

**Jane White - Sept 26**

## Staff Members

**Daeja Corbert - Sept 13**

## Communication Tips for Dementia

- Address the person by name to get his or her attention. While you are speaking, maintain eye contact to help him focus.
- Ask only one question at a time and allow time for an answer. If he or she does not seem to understand, repeat the question using the same wording. If this does not work, rephrase the question.
- Allow the individual enough time to respond in conversation or when performing an activity. Rushing will increase confusion.



Like us on Facebook  
Or visit

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



a unique retirement residence