

Island Assisted Living

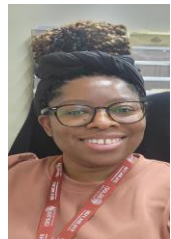
820 Front Street, Hempstead, NY 11550 | 516-564-1100|www.islandassistedliving.com| @island.al23



A word from Resident Services

Managing Your Emotions

Emotions are a normal part of everyday life. They are often determined based on how we feel and how we interpret stimuli in our environment. Some people are able to regulate their feelings well while others have a hard time dealing with the intensity of their emotions. In the end, it is very important, and never too late to learn and adapt new strategies for to overcome these feelings. It is necessary to be aware of our emotional intelligence. We must have the ability to effectively exert control over our emotions by knowing our triggers, analyzing the situation and the environment and most of all, knowing when to walk away. We must never allow our emotions to get the better of us especially in situations that are beyond our control as this can lead to undesirable consequences. Here are five ways to effectively regulate your emotions: 1. Create Space: Stop. Take a breath. Think. This is your opportunity to analyze the situation with a clear mind. Slow down the moment between trigger and response. 2. Notice what you feel: Take time to identify what you are feeling. Connect the mind with the body as often times the emotions are manifesting as physical symptoms which, when addressed, can positively alter your emotions. 3. Name what you feel: Ask yourself to identify what you are feeling, e.g. anger, sadness, disappointment, fear, etc. In intense situations, it is easy to be flooded with various emotions at once, but being able to pinpoint and address the main feeling will allow for greater control. 4. Dig Deeper: Ask yourself...why am I feeling this way, what provoked this reaction? If its anger, what are you angry about or towards? Addressing the root cause of the feeling can increase the chances of controlling your response. 5. Practice Mindfulness: Mindfulness helps us "live in the moment" by paying attention to what is inside us. Use your senses to notice what is happening around you in nonjudgmental ways. These skills can help you stay calm and avoid engaging in negative thought patterns when you are in the midst of emotional pain.



Shanika Cunningham
Director of Resident Services

Department Contacts

- Administrator.....Aaron Sacks.....501
- Director of Finance.....Ismela Vasquez-Davis.....502
- Admissions / Marketing Director.....Brian Miller.....503
- Director of Case ManagementRaven Chitty.....527
- Director of Health Services.....Andy Reisman.....517
- Director of Resident Services.....ShanikaCunningham.....588
- Director of Recreation.....Kanisha Jones.....513
- Director of Environmental Services...Louis Curran..518
- Housekeeping Director.....Wanda Payton.....584
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- Medication Supervisor.....Louann Dharangit.....512
- Doctors Office.....550
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April Special Events

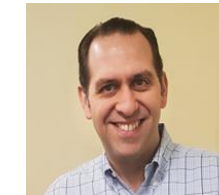
- April Fool's Day April 1
- Janet Discounts April 3
- Trip to Ithop April 3
- Fran Gifts of Silver April 4
- Dori Accessories April 7
- Entertainment w/ Ami Jane April 9
- Trip to Cradle of Aviation Museum April 10
- Trip to Walmart April 17
- Entertainment w/ Makeudance April 16
- Trip to Walmart April 17
- Music w/ Violist Albert April 22
- Passover Begins April 22
- Island's Closet April 23
- Trip to Miller's Ale House April 24
- Birthday Social w/ Nina April 30

Happy Birthday to:

- Felicia C. 4/1
- Verlin M. 4/3
- Evelyn M. 4/3
- Agatha L. 4/4
- Thomas L. 4/4
- John P. 4/9
- Deborah C. 4/10
- Roseanne S. 4/11
- Roseamarie C. 4/12
- Roger L. 4/13
- Barbara S. 4/14
- Suzanne S. 4/15
- Salvatore L. 4/16
- Jacqueline S. 4/18
- Kenneth R. 4/24
- Max D. 4/24
- Mark B. 4/25
- Johnny B. 4/27
- Camille P. 4/29
- Herbert L. 4/30

A word from Your Administrator

Happy April, I hope everyone is enjoying the improving weather. April is a month with nicer weather and holidays. I am excited with our great recreation department and all they have planned for this month. I hope everyone will have a great time on the trips and enjoy the live entertainment. Please make sure to go outside, get some fresh air and take advantage of the weather. April is an exciting time as it's the beginning of the new baseball season. Root for your favorite teams, enjoy watching some games. I'm always happy to discuss baseball with everyone. Stop by my office say hello and let me know what team you root for.



Aaron Sacks
Administrator

A word from Recreation

April Showers bring May flowers! Spring has begun so let's get ready for the warm weather. Join us this month for Sip and Paint, Jeopardy, Violist Albert visits, our Islands Closet for those in need of clothing and some great trip outings. We will start our community walks weather permitting. Remember to check out the calendar for our activities that you enjoy. Don't forget to put your suggestions, complaints, and Employee of the month nominations in the box located on the side of the television in the country kitchen lounge area. If you have any questions about Recreation do not hesitate to let me know. Have a fantastic month!



Kanisha Jones
Director of Recreation

"April is a gentle reminder that life's transformations are beautiful and inevitable." — Ellen Lovell

ST PATRICKS DAY SOCIAL



Compliments of Vitability Health Ice Cream Appreciation

