



Resident Birthdays

8/2	Nila G
8/2	Sissi S
8/7	Don B
8/9	Helen Em
8/11	Helen El
8/17	Lillian F
8/20	Jeanne H
8/26	Barbara K
8/30	Dorothy D

Staff Birthdays

8/12	Michelle D
8/26	Donna W
8/30	Tammy D

Staff Anniversaries

8/7	Amber G	1 year
8/24	Julie O	3 years
8/30	Valerie L	2 years
8/30	Madison S	2 years
8/31	Robin Q	3 years



Dementia Support Group on the second Thursday of the month at 4pm, in the auditorium. For more information Contact Memory Care Director Bethany at 603-924-3691 ext. 207



The Perseid meteor shower is a celestial ballet that graces our night sky each August, and offers a profound metaphor for the experience of being a senior watching the world change.

Just as the Earth, year after year, passes through the debris left by the Comet Swift-Tuttle, causing these incandescent streaks of light, so too does a senior witness the recurrent passage of time and the constant evolution of the world. Each meteor, a fleeting moment of brilliance, can be likened to the rapid advancements in technology or the ebb and flow of global events that punctuate a senior's life.

For those who have seen many Perseid showers, the familiar sight brings a sense of both continuity and change. You may recall past Perseids viewed under vastly different circumstances, perhaps with loved ones no longer present, or from places that have themselves changed dramatically.

Ultimately, watching the Perseids as a senior is to appreciate the breathtaking beauty of transience, and to marvel at the fleeting yet impactful moments that make up both a cosmic display and a human life. Its also a time to reflect on the remarkable journey of witnessing the world, like a vibrant meteor shower, constantly reinventing itself. The Perseid meteor shower can be seen best August 12th and 13th.



“The only thing better than singing is more singing.” - Ella Fitzgerald



Science is discovering that people who lift their voices together in song experience amazing health benefits, including exercising the lungs and combatting stress. An increasing number of people are discovering the joys of singing. Chorus America reports that an estimated 42.6 million Americans regularly sing in choruses today.

Singing promotes heart health. Like yoga, singing produces larger and slower breathing and improves heart rate variability, a measure of the amount of time between heartbeats.

In addition to reducing cortisol levels, singing clears tension stored in muscles. It also releases the hormone oxytocin, which relieves anxiety and stress, as well as boosts feelings of trust and bonding.

Singing also boosts your immune system. Choir singers had their blood tested before and after an hour-long rehearsal. In most cases, the amount of proteins in the immune system that function as antibodies were significantly higher after the rehearsal.

It's easy to make a case for joining a choral group. Not only can you get some of the same health benefits as those you achieve from going to the gym, you get to enjoy others' company and have fun at the same time. Singing releases endorphins, the brain chemical that makes you feel happy. **The Scott-Farrar Singers meet Saturdays at 4:15 and go to our Memory Care neighborhood every other Wednesday for sing-alongs.**



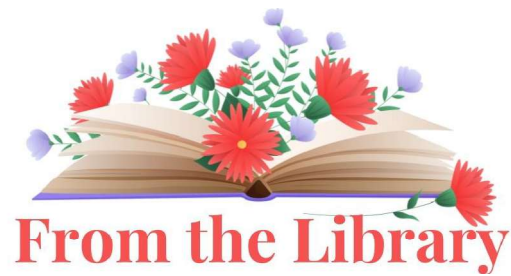
Our Men's Group is picking up momentum! This month our men's trip will be the AJ Dodge Car Show on August 17th. This show is for a wonderful cause and will be a fun time. The Men's group will also have a Whiskey Tasting at Copperhill in Peterborough. Dates are available on the calendar.

UPCOMING EVENTS

- 8/7 Harris Center - Seasonal Water Birds
- 8/8 Optimist Café - Lunch Trip
- 8/12 Banana Split Bar
- 8/13 MAXT Makerspace Tour
- 8/14 Music by Walden Witham
- 8/17 AJ Dodge Memorial Car Show
- 8/20 Annual Car Wash 9-2pm Alzheimer's Fundraiser
- 8/21 Armchair Travel - Korea
- 8/26 McDowell Dam Picnic
- 8/28 Music by Folk Soul Duo
- 8/29 Men's Group - Cooperhill - Whiskey Tasting and Luncheon



Next month's Crafts with Jenna will be this adorable flamingo seashell craft!



In essence, local history and culture provide the foundation for a strong, resilient, and well-informed community. Understanding local culture helps preserve unique traditions, music, stories, and historical practices that contribute to the rich tapestry of human existence.

Understanding the past of your town or region helps you connect with the people who live there. Recently a lot of residents have joined us from other areas, so we thought it might be helpful to point out all of the local authors and local content we have in our library.

In Good Company, New Hampshire Chronicles', by Fritz Wetherbee, who wrote this is book full of New Hampshire facts and stories.

States of Grace: Encounters With Real Yankees by Edie Clarck, features 31 stories about different people from the New England states, originally published in Yankee Magazine, with updates. These profiles offer glimpses into the lives and experiences of individuals who embody the "Yankee spirit".

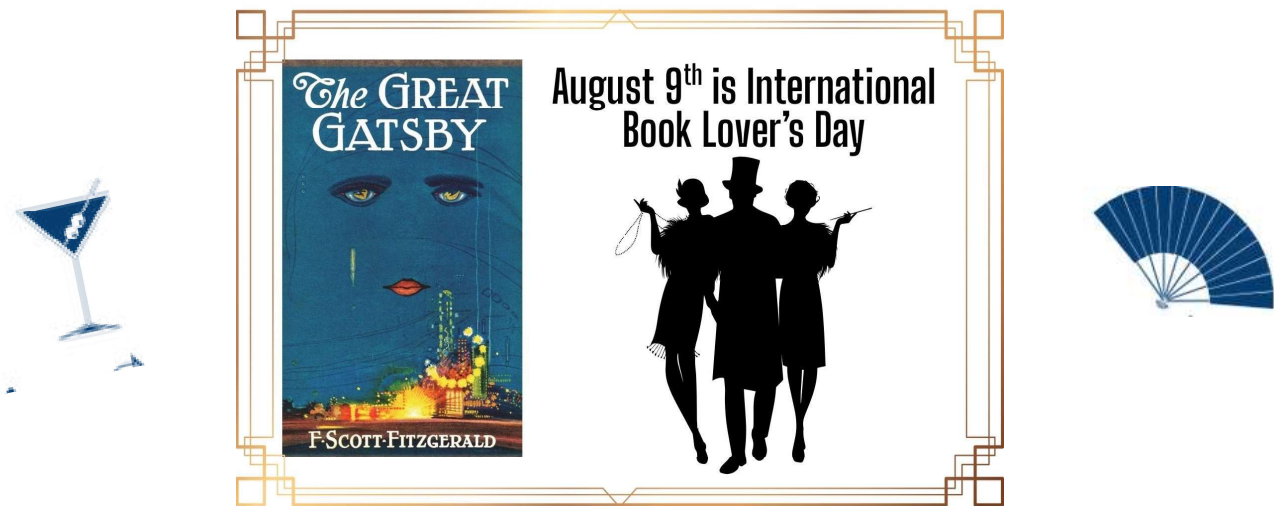
Monadnock More than a Mountain by Craig Brandon is a impressive compilation of the history and lore of everyone's favorite mountain.

Monadnock Moments, Historical Society of Cheshire County, director Alan F. Rumrill's collected stories of notable people in his book.

Frost Heaves by Peterborough resident, Ken Sheldon is a collection of hilarious stories about the town Frost Heaves, which is every small town in New England.



**July
Memories**



With this month being International Book Lover's Day, and **The Great Gatsby's** turning **100 next month**, we wanted to talk about it a bit.

The Great Gatsby is set in the summer of 1922, a momentous time in American history. World War 1 was over; the Model T car was for sale. The United States had an overall mood of exuberance and prosperity.

In 1920, women gained the right to vote, but at the same time, the right to drink alcohol was taken away from all U.S. citizens through Prohibition. When something is banned, it can become even more desired, and illegal speakeasys with homemade or smuggled alcohol ushered in a time of partying and gangsters.

Women were cutting their hair into short "flapper" bobs, which were easier to maintain than fancy updos. Dresses got even shorter than bobbed hair and were often garnished with fringe and feathers.

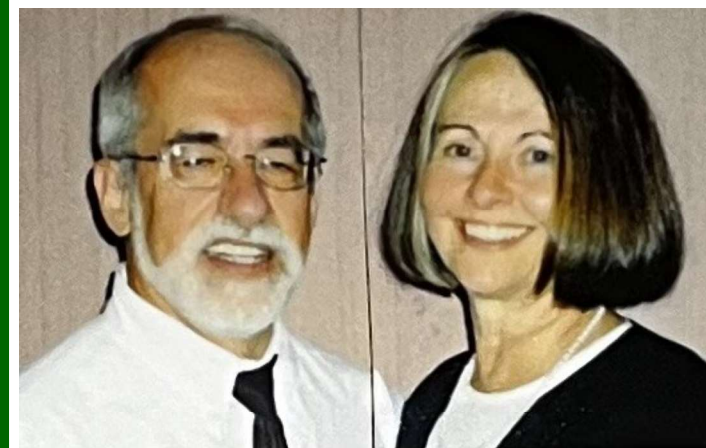
Fitzgerald made readers question whether the American Dream was accessible to everyone and whether it ultimately led to happiness.

F. Scott Fitzgerald's own pursuit of the American Dream had a twist that seems authored by Fitzgerald himself. The Great Gatsby didn't sell well during his lifetime. Readers seemed puzzled by the book, and critics wrote that it was "unimportant" and "a dud." During World War II, surplus books were shipped to service members. Unsold copies of The Great Gatsby, of which there were plenty, were a hit with the military, and returning veterans spread the word, rocketing the book to popularity.

The Great Gatsby is considered a classic because it captures a very specific time in American history while remaining relevant 100 years later. Every generation can relate to the emotions of the characters and their struggles.

WELCOME ♥ HOME

New to our assisted living neighborhood are Jeane and Earle Shumway, they join us from Hadley, Mass. They have been married for 56 years. They share 3 beautiful children together as well as five grandchildren. Jeane is formerly a middle school teacher, and Earle owned his own landscaping business for 30 years. They are both happy to be here and already happily participating in activities.



New to our Independent Living neighborhood are Rebecca and Jim Marcella. They have been married for 60 years, have 2 children and 4 grandchildren. Rebecca worked in interior design, and had her own catering business on the side. Jim has a degree in Mechanical Engineering and used it for management opportunities. They are very happy to be here, and look forward to meeting everyone!

For those of you with garden boxes, if you have extra produce that you don't know what to do with, please leave it in the Giving Garden basket located in the lobby and the Activities department will do drop-offs to the food bank every few days as needed.

