

Staff Birthdays

Susanna Despres-Rozzi 9/1
Jillian Hill 9/4
AJ Deschenes 9/8
Shannon Hutchinson 9/18
Michele Bilodeau 9/25



Resident Birthdays

Virginia F 9/6
Grace C 9/7
Victoria W 9/10
Mibs P 9/15
Barbara C 9/21
Bill B 9/25
Doris B 9/29

Work Anniversaries

James W Letourneau 9/12 9yrs
Rory M Hickey 9/19 6yrs
Donna White 9/26 9yrs

Wedding Anniversaries



♥ Claire and Andre 9/1
Rebecca and Jim 9/18
Virginia and Stan 9/23



Dementia Support Group is 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

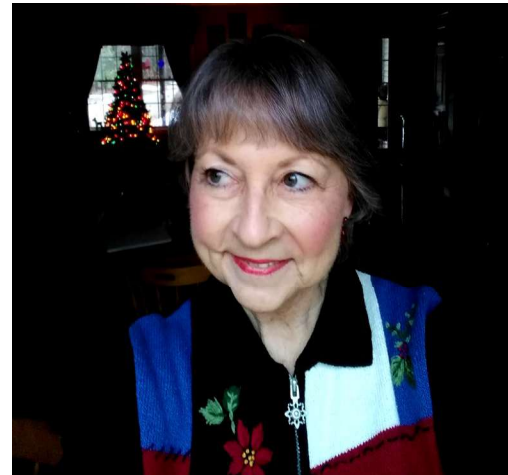


As the summer heat subsides, New Hampshire undergoes a breathtaking transformation, welcoming the vibrant season of fall. Autumn in New Hampshire is a spectacular and widely celebrated season, drawing visitors from all over to witness its vibrant transformation. The state's landscape, blanketed by forests of maple, oak, and birch, erupts into a stunning palette of fiery reds, brilliant oranges, and sunny yellows. This breathtaking display, often referred to as "leaf-peeping," is best enjoyed by driving along scenic byways where the foliage creates a living tunnel of color. Crisp, cool air fills the mountains, and the scent of woodsmoke hangs in the air, signaling the return of cozy sweaters, apple picking at local orchards, and sipping warm cider. The season's beauty is deeply intertwined with the state's rural character, creating a quintessential New England experience that is both visually stunning and deeply nostalgic. The mountains themselves, such as Mount Monadnock, reflect their vibrant autumn colors in the surrounding lakes and ponds, creating breathtaking views. Our diverse foliage creates a stunning mosaic that paints scenery with an unforgettable beauty. Let us never forget how lucky we are to live amidst such beauty.



WELCOME ❤️ HOME

Please welcome Deanna Beetcher who joins from Bennington, NH. Deanna is a mother of three, she has two brothers and was married for 53 years. She previously worked for the Conval School District. Deanna's favorite food is popcorn, she loves classical, folk and Celtic music, singing in the choir and her Maine coon cat Milo. When you see Deanna please introduce yourself and welcome her to her new home!



Our management team would like to cordially thank Katherine and Kathy for all of the joy they bring to our community with the SF singers and happy hour. THANK YOU!

Thus far, our Grow & Give program, in which we donate our extra garden produce to the Peterborough Food Pantry has given 4 squash, 5 zucchinis, and 54 cucumbers to our community food bank in Peterborough! Keep up the good work! Thank you for sharing.

Our Yard Sale benefitting the Alzheimer Avengers Team will be Saturday September 13th 8AM—1PM. Residents and staff early bird special on Friday, September 12th 3-5pm. If you have items you would like to donate, please check with Jennifer Boyd.



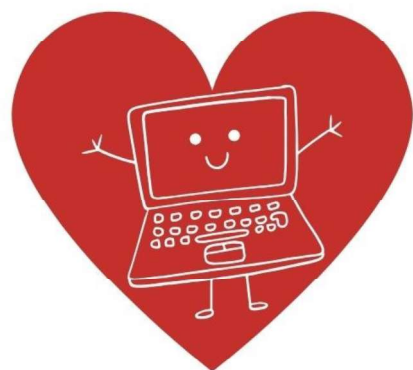
September 21st is World Gratitude Day. It is a chance to pause, reflect, and share appreciation in meaningful ways. Research highlights that being grateful reduces stress and anxiety. (Meyer & Stutts, 2023). In addition, gratefulness improves focus and fosters a sense of community (Emmons & McCullough, 2003).

Research also supports that consistent gratitude practices can increase optimism and improve overall mental health. You might like to use today as an opportunity to thank someone in your life.

Gratitude jar

A gratitude jar is also an effective method of documenting and reflecting on the positives in life. The activities department will put a gratitude jar in the lobby with little slips of paper for residents, staff, and guests to write down something they are grateful for. This will help instill a daily ritual of practicing gratitude. You can fill out as many as you'd like through out the month!





Your trusty laptop/computer is there for you – until it's not. Are you treating with the care it deserves for maximum performance and a long life?

As you know, I offer an electronics clinic a couple of times a month to fix your phones, iPad and computers/laptops. Lately, I have been getting a lot of computers with

problems, so I thought I'd go over some basic computer etiquette.

Sleep mode is the best choice if you'll be using your computer again after a few minutes, a few hours, or overnight.

You will overload your computer if you open multiple programs and/or tabs. Exit out of what you aren't using.

I cannot stress the importance of backing up your data. A combination of cloud storage and external hard drives is a good starting point. This way if something happens to your computer, you won't lose your files.

Care for the battery. Resist the temptation to plug in your PC when the battery goes down to 50%. You can prolong the life of your battery by letting it run down before charging it back up.

Defragment and declutter Clear your browser and downloads on a regular basis. These actions perform housecleaning and help your computer to run faster.

When you get the option to update your software, do it! Keep your operating system, applications, and antivirus software up-to-date to benefit from the latest security patches, bug fixes, and performance improvements

Invest in a good antivirus; this is a great way to keep your information protected. The good news is that most computers nowadays come with an inbuilt virus and malware, and the scanner is quite user-friendly.

As always you can come see me with any questions!

♥ Love, Jenna



Reminiscing with Jenna will start up again this fall. This month's reminiscing topic will be School Days of the 1950's. Please join us for a trip down memory lane, a presentation full of pictures to jog the memory of an easier time and fun items to pass around from when you were in school.

Outing sign-ups explained: We've had an increase in folks going on outings, this is very exciting news! Outings take planning, some outings are limited in the number of attendees. We are on a first come first served basis. If you choose to wait this is your right. To keep things clear for everyone, all sign-ups will have an RSVP deadline. If an event is full before the date of the RSVP, we will post on the sheet "Full".

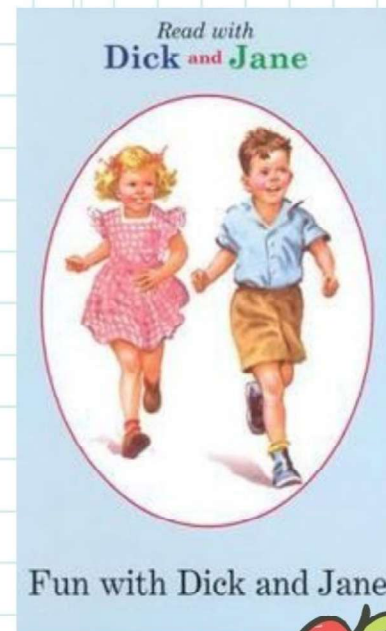
New this month! Pastor Caleb from Monadnock Congregational Church will be holding a gathering on the third Thursday of the month at 3pm in the library.

Next month's Book Club will take place on Saturday October 4th. The book to read will be Midnight in the Garden of Good and Evil by John Berendt. For help obtaining a copy, please see Sue Koziell.

Our Men's trip is going to the Aquarius #1 Fire Museum. The museum's centerpiece is Peterborough's first motorized firefighting apparatus. This truck is believed to be the best -preserved original 1914 American LaFrance in the world.

UPCOMING EVENTS

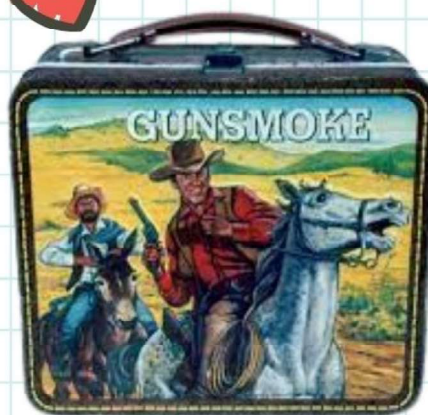
9/2 Chair Tap with Pati
9/4 Keene Chamber Quartet
9/11 Music by Jack
9/12 Alzheimer Avengers Annual Yard Sale Early Bird Special for resident's & Staff 3-5pm
9/13 Alzheimer Avengers Annual Yard Sale
9/18 Monadnock Center for History & Culture Lunch & Learn
9/18 Tim Calvery - Allagash Trail
9/21 Men's Group - Fire Museum
9/23 Final BBQ Lunch of the season
9/24 Annual Alzheimer Avenger Team walk Downtown Peterborough
9/25 The Harris Center Loons & Waterbirds
9/25 Armchair Travel - Czech Republic
9/26 Music by Mark Lanen



Fun with Dick and Jane



SCHOOL DAYS



Do you Remember Your School Supplies From the '50s?



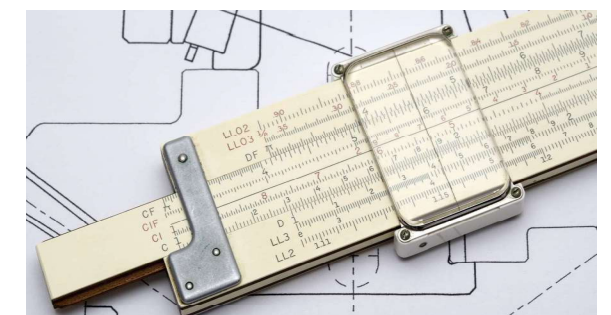
Rytoff was used for inked boo-boos on paper, but only for brand new blunders. Rytoff worked fast, so you had to be sure that an hour's worth of work indeed required the permanent wipe-out, or else.

Schools of the '50s taught students the Palmer Method of penmanship through a drill routine that utilized Palmer pens, workbooks, ruled primary pads and a set of specialized cards.



When unfolded, they could provide a longer measuring length which was useful for measuring larger items. Folding rulers could also be partially folded to measure angles or to act as a stand-in for other tools like a bevel.

A slide rule is a mechanical analog computing device, used primarily for multiplication and division, and also for more complex calculations like square roots, logarithms, and trigonometry.



This regular stapler was heavy enough to serve as a paperweight.

In the 1950s, mimeographs were a common method for quickly producing multiple copies of documents, particularly in schools.

