



Resident Birthdays

Deanna B 10/10

Virginia A 10/13

Marcia P 10/21

Staff Birthdays

Robin Quinn 10/3

Tonya Marshall 10/3

Jody Moxley 10/4

Philip Bourgoine 10/10

Marie Gagne 10/12

Valeri Lampi 10/25

Staff Anniversaries

Lisa Mazzuchelli 10/3 2yrs

Martha Teixeira 10/5 3yrs

Jazmine Stevens 10/11 6yrs

Elizabeth LaCroix 10/19 3yrs

Wedding Anniversaries

10/03 Sissi and Gilman S

10/21 Sharon and Denny M



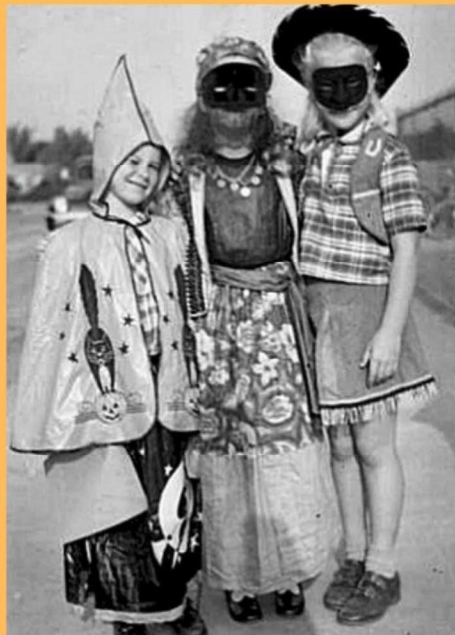
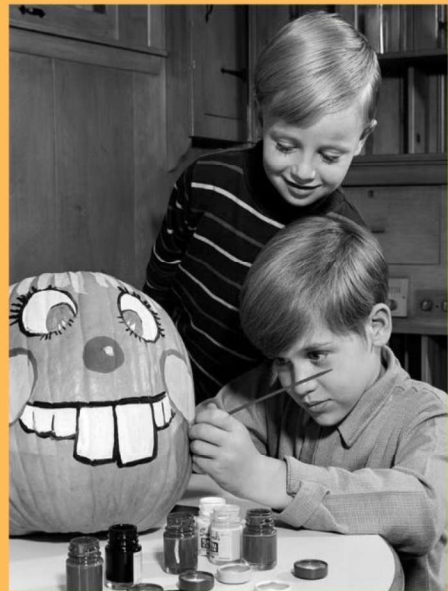
Dementia Support Group on the second
Thursday of the month at 4pm, in the
auditorium. For more information
Contact Memory Care Director
Bethany at 603-924-3691 ext. 207



Halloween in the 1950s was a far simpler affair than the elaborate, commercialized holiday we know today. It was primarily a neighborhood event centered on children, with a strong emphasis on community and trust. Costumes were often homemade, requiring a bit of creativity and a sewing machine. Children would dress up as classic figures like ghosts, witches, cowboys, or princesses, often with a rubber mask and a simple outfit. In the 1950s, cowboy costumes were the most popular choice for children's Halloween attire. This trend was largely influenced by the popularity of Western films and television shows featuring cowboys like John Wayne, Gene Autry, and Roy Rogers.

Trick-or-treating itself was just becoming a widespread practice in the decade, a way for communities to channel the pranking tradition into a more organized, fun event. The treats were uncomplicated, full-sized candy bars, homemade cookies, popcorn balls, or even small bags of "penny candy" tied with a ribbon. It was a time when neighbors knew each other and welcomed the costumed children into their homes, sometimes even inviting them inside for a cup of warm apple cider. The decorations were equally simple, limited to carved pumpkins and maybe a few sheets draped over trees. The focus was less on jump scares and more on the simple joy of dressing up and collecting treats on a crisp autumn night.





Absolutely no one benefits from poverty, especially the most innocent of them all – new born babies.

Care Wear is a nationwide group of volunteers who provide handmade baby items to the hospitals in their communities. Volunteers who knit, crochet, and sew are invited to join our effort.

Care Wear began in 1991 as an effort to provide much needed apparel for premature and low birthweight infants undergoing treatment in neonatal intensive care units of several children's hospitals New England. Initial obstacles included the need to down-size patterns for infants as small as fifteen ounces and the task of contacting each hospital regarding sizes and quantities of garments needed. Because of the high demand for preemie-sized items, efforts began to recruit others to join the effort. As of December 2004, Care Wear had grown to more than 2400 active volunteers.

These items are given free to infants, children, and their parents. Although the focus of Care Wear's efforts has been premature infants, it has been impossible to ignore the pleas for assistance for larger infants, children, and even geriatric patients.

We will start a knitting/crocheting/sewing group, Crafted Connections, with over 25 patterns for various items in each focus. Crafted Connections will meet on Thursdays at 3:00 in the AL living room. This will be a low - key activity where we work on our personal projects for Care Wear while hanging out and helping each other.

These are currently the hospitals we will donate our items to:

Parkland Medical Center in Derry, NH

Valley Regional Hospital in Claremont, NH

March of Dimes (NH) Concord, NH



Michelle Stahl from The Monadnock Center for History and Culture will be coming on October 23rd at 1:30 to present The Three Fires that changed Peterborough forever.

We have a small amount of Christmas Fabric, quilt batting, felted material and tulle available for anyone who would like it. Please see Jenna in Activities if you are interested.

Spiritual Services

New! Monadnock Congregational Church: Gospel Gathering with Pastor Caleb, will be held on the 3rd Thursday of the month in the auditorium.

Apostolic Lutheran Service: the last Sunday of the month.

Catholic Mass: the 2nd Thursday of the month.

Catholic Communion: the 2nd and 4th Monday's of the month

Episcopal Service: second Tuesday of the month.

Bible Study: every Wednesday

Choppy Choir hymn sing-a-long: the 2nd Wednesday of the month.

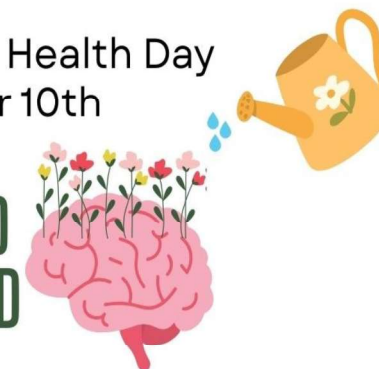
UPCOMING EVENTS

- 10/1 Annual Alzheimer's Avengers Walk - Downtown Peterborough
- 10/2 Bill Donahue – Journalist, Painting the Fence & other stories
- 10/3 Lunch Bunch — White Birch General Store
- 10/10 Men's Group — Phaze Welding Tour
- 10/16 Armchair Travel — Indonesia
- 10/18 Peak into Peterborough 10am-4pm
Soup Contest sponsored by Scott-Farrar 11:30am
- 10/19 Monadnock Center for History & Culture Museum Tour
- 10/23 Monadnock Center for History & Culture Presentation — The Three Fires that changed Peterborough forever
- 10/24 Virginia Eskins — Fall Music Series "Impressions"
- 10/25 Walk to End Alzheimer's, Western NH Keene 9:45am
- 10/30 Quarterly Remembrance Service
- 10/31 Halloween Trick or Treating - Front Porch

World Mental Health Day
October 10th



BE KIND TO
YOUR MIND



October 10th is World Mental Health Day! Let's take action toward improving the mental wellbeing of our community, starting with ourselves. Older adults frequently face unique mental health challenges, often compounded by physical health issues, loss of loved ones, and social isolation.

According to the [National Council on Aging](#), 25% of adults aged 65 and over suffer from a mental health condition. Depression and anxiety are common, yet very under treated in this demographic.

Work on yourself. Practice self-care. Self-care isn't just a routine, it's fundamental practice for a healthier you. Here are ways to integrate self-care into your daily life and how it can positively impact your overall mental health. Start small.

Need a break? Consider taking a mental health day. Set aside time for yourself to recharge and reset. Learn how to identify when you need a break and how to make the most out of a day for yourself.

Take a minute to practice gratitude. This has many health benefits.

Go for a walk outside or on the treadmill.

Doing a random act of kindness. This has proven benefits and can help strengthen social ties and one's sense of community.

Making a coffee or tea date with a friend or loved one to connect and enjoy quality time together.

It is often reported that seniors believe that loneliness, feelings of sadness, negative emotions, or other symptoms of mental illness are normal as we age. They are not and should be treated by a mental health professional. Let's work towards a future where mental health is prioritized for all, ensuring that older adults are not only seen and heard but also supported in their mental health journey.

WELCOME HOME



Please welcome Marie-Claude Hillerns to our Scott-Farrar community. Marie-Claude comes to us from Rhode Island. Marie-Claude was born and raised in Paris, France where she met her husband Graham, they married in 1956. The couple moved to America in 1957 and had 2 children, a daughter Daphne and a son Carl, she has 3 grandchildren and 6 great grandchildren. Marie-Claude and Graham were married for 44 years. Marie-Claude enjoys classical music, walking through the gardens, reading, and spending time with her family. Please say hello to Marie-Claude as we welcome her into our Scott-Farrar family.

Looking for something to do at your own pace, in your own apartment? We will be providing seasonal pre-drawn canvas paintings with all the supplies included. Stop by the activities room to get started.

Its that time of year again! Join us on Monday October 6th, from 1-3pm for a leaf-peeping tour with Jim! Jim is extremely knowledgeable of the area, and where the foliage will be best for peeping.

We are wrapping up our first season of the Grow and Give program, we want to thank all of our gardeners for your very generous donations to the Peterborough Food Pantry. See you next season!



With cold season approaching, how can seniors improve immunity?

Seasonal health: Ward off seasonal illnesses by practicing good handwashing and staying hydrated.

Healthy eating: Incorporate seasonal produce like sweet potatoes, pumpkin, apples, and cranberries into your diet, which can benefit heart health and the immune system. Find nutritious recipes that cater to senior dietary needs.

Being outside: This has so many benefits for your health. Many people find that time in nature helps to reduce their stress. Another bonus of outdoor time is vitamin D from moderate sun exposure. Vitamin D helps strengthen the immune system.

Stay Hydrated: Water plays a key role in immune function, carrying nutrients to vital organs and detoxifying the body by flushing out waste.

Vitamin C: Citrus fruits such as oranges, grapefruits, lemons, and tangerines are an excellent source of vitamin C. This key vitamin helps the body produce white blood cells, which are responsible for attacking harmful germs, viruses, and bacteria.

