

THE *Summerhill* SUN



*Summerhill Assisted Living
in the Picturesque Community of Peterborough
“Where Our Home Is Your Home”*

A Word from the Executive Director LAURA PUTNAM

Welcome 2011! Isn't it amazing how time flies? We've certainly been busy these last few months. It was nice catching up with family and friends at the Summerhill Christmas Parties. Thanks to all who attended, and thanks to staff for making all three parties happen!

We'd like to thank residents and families who contributed to our Soldier Care Package Program. Residents and staff joined together to fill five boxes chock-full of treats for our troops overseas. They're scheduled to arrive just in time for Christmas!

We also want to thank residents and families who contributed to our Employee Christmas Fund. Your generosity allowed each employee to have something extra in their paycheck this Christmas. It was nice of you all to acknowledge their hard work and dedication to Summerhill's residents. We're very proud of our staff.

Please join me in congratulating our Assisted Living Activities Director Jean Kundert. Jean was recently voted Rindge's "Citizen of the Year"! We've always known Jean was special! Great job Jean!

Good news: Summerhill residents now have the ability to communicate face to face with family and friends all over the world via Skype. Please let us know if you'd like to take advantage of this technology and we'll make the arrangements.

We're looking forward to a year filled with great events & activities. As always, we welcome your ideas and input.

All the best for a Happy & Healthy New Year!

WINTER 2011

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Resident Memoir

Edith Angus

Edith Angus joined the Summerhill family in June 2010. She is delighted to be back in New Hampshire close to her daughter, Carole who lives in Peterborough. Edith's son, Jim and other daughter, Leslie, live in Delaware and Chicago with their families. She has 4 grandchildren and 14 great grandchildren who bring much joy to any family gathering. Edith herself was born in Montclair, NJ where she grew up. Little did she know then, that her husband-to-be, George, lived only 4 blocks from her childhood home. They met when Edith worked for a bank and settled in New York City after marrying in 1942.

George worked as a manager in the printing business which involved traveling and moving quite often. Edith recounted that she has lived in 9 states: NJ, NYC, NH, PA, IA, IL, VI, NE and a summer in Toronto. Edith feels her children benefited from moving so often; it helped them adapt to new situations throughout their lives. Having lived in 15 homes, she didn't hesitate to purchase a house on her own in West Virginia after George passed away. Edith shared that she would have felt right at home being a Realtor knowing the all important characteristics to consider when buying a home. She also worked as an administrative assistant at the Teacher's College of the Univ. of Nebraska along with raising her family and creating wonderful homes for the family and friends. Edith spoke fondly of the many friendships that have come into her life over the years. She and George were sports enthusiasts, and especially like football.



end! A dream come true wish be for Edith to visit the south of England to see her mother's side of the family. Edith does love history and feels her time living in Virginia, land of the "Civil War", where the state changed hands 72 times during that period, made a strong and everlasting impression on her.

Edith is pleased to be settled at Summerhill. She is impressed with how the residents and staff look after each other in such a supportive, caring and personal manner. When a resident expresses an interest or need, the staff do what they can to realize that need as soon as possible. The staff all step in to help regardless of what department they work , in which in turn makes Edith feel secure and taken care of. "The staff is thoughtful. Each day is personalized in caring for the residents." Summerhill itself is home-like, very comfortable and non-clinical. The many living spaces allow for a resident to feel at home and enable them an opportunity to enjoy the numerous social activities. Edith expressed that the food is delicious and its presentation is great!

WELCOME TO SUMMERHILL

Please welcome our new residents...

Lois Chamberlain
Jeanne Deschenes
Ruth Drew
Trudie Kalinen
Harold Larssen
Elmer Stark

and welcome back...

Fran Lathrop

Please welcome our new employees...

Jonathan Finch, Dietary Aide
Caeli Gibbons, Dietary Aide
Aylmer Given,
Director of Food Services
Renee Glennon, RN
Susan James, LNA
Meghan Lawlor, Dietary Aide
Jennifer Miller, RA

Christopher Ouelette,
Dietary Aide

Maureen Robichaud, LNA
Nathan Ryder, Cook
Michaelagh Tracy, LNA
Donna White, Dietary Aide
Miranda White, LNA

and welcome back...

Emma Quinn, LNA, MC

So Much To Do

Jean Kundert, Assisted Living Program Director

There is a lot going on for residents at Summerhill

This fall has been a bunch of fun with a trip to Vermont Country Store and a picnic lunch to finish off the trip. The weather was beautiful this fall making long drives around the Monadnock region to see the wonderful views of the fall foliage, a great way to spend an afternoon. We also did scenic rides to see four of the nearby covered bridges and stopped at one of the local herb shops in the area.

Wine Tasting, Mystery & Mayhem Luncheon, High Tea, and Veteran's Lunch were some of the great entertainment this fall. Come join us in the Pub to sing songs or in the Activities room to draw or paint. We also have a different piano player or music program every week in the Monadnock room

There are several options with our Exercise and Open Gym programs, including Swimming at Crotched Mountain, Stretching with Grace, Dance Movement Therapy and Walking for Fitness

Our weekly schedule is always full of activities. If you enjoy reading we have a book club. Come join us for a card game, assemble a puzzle,

Pen Pals, view a movie, or do Crossword puzzles. If you enjoy eating, try our Lady's Lunch and Men's Lunch, or the coffee social. And do not forget there is also Bingo, Bridge, Kings Corner, and Chit Chat Knit or Stitch on Tuesday evenings, or bake in our Country Kitchen. You are always welcome to just relax in the sunroom.

Our December activities included a Cookie Swap, making Gingerbread Houses, mailing care packages to the soldiers, genealogy activities, and a Christmas party.



We love filling your days with meaningful activities at Summerhill, the ideas are endless. Of course, being retired means that you can now set your own schedule and do as you please. Do

make time to sit back and relax. After all, you have worked hard throughout the years to take time for yourself and enjoy the quiet of the day. We hope you also take time to go out to dinner or enjoy one or all of the wide range of group activities. We look forward to keeping you busy and fill your days with enjoyable activities.

Please join us for any and all activities.



A VARIETY OF VOLUNTEERS

Heidi Schwieger, Meadows Program Director

Virtually every day of the week, Summerhill benefits from the time and talents of volunteers. Residents enjoy assistance and company as they lead activities, visit and share their time. While each volunteer brings a very different skill and personality strength, they all share a generosity of heart that is unmistakable.

The current roster of volunteers boasts more than twenty-five men, women and children who come regularly to Summerhill. Some are here weekly or more, and others come monthly. Resident Programming is bolstered by the energy and enthusiasm of volunteers, but more importantly, residents of Summerhill are afforded new personal connections, new endeavors and opportunities through the sheer abundance and variety of volunteers present at Summerhill.

There are eight spiritual care volunteers alone who come to Summerhill and one resident who also volunteers. Some offer formal worship opportunities, others more personal guidance. At the moment, Summerhill is privileged to have a Chaplain Intern who visits regularly with residents, leads a study group and also offers a monthly interfaith worship service. There are other weekly prayer groups and three monthly worship services available to all residents regardless of beliefs or affiliations.

Each of the communities at Summerhill invites a different energy level and array of activities. It is remarkable to witness the strengths of volunteers and guide them to the community where they serve best.

Our Assisted Living residents see many volunteers who have a penchant for games such as Scrabble, bingo or trivia. There's also



always spot for a would-be bartender at the nightly social hour in the pub. There are

also bakers, knitters, historians and artists who donate their time and talents in Assisted Living.

Both of the Meadows communities have come to enjoy regular visits from faithful readers. One volunteer has been coming weekly for 22 years to read to residents! The pleasure of being read to is ageless and clearly a favorite activity in the afternoon on Meadows I and II. Other favorite volunteer-led activities are pet visits, singing and visits with young people.

Not to be overlooked are those who volunteer more incidentally... family members who naturally share their time and compassion with residents, school children and church groups who



visit occasionally, and staff members who come in before or after hours to deepen their connection with the extraordinary residents of Summerhill.

Summerhill life is enriched and enlivened by the many readers, singers, artists, pastors, gamers, pet owners, crafters and compassionate listeners who choose to give so freely of their time. There is truly no other source of such generous and compelling connection for the residents here who know their lives to be touched daily by Summerhill volunteers.



Why Summerhill?

Aylmer Given, Food Services Director

It had been six months to the day that I had left my restaurant. I was however, rather enjoying the time off; since the timing worked right into my kid's summer vacation. But, after many weeks of yard projects and getting my wife's honeydew list completed, I was ready to go back to work, and return to the alpha male role in my family once again. During the summer I had been spending a lot of time in reflection, trying to figure out what type of job I wanted at this point in my life. I wanted to somehow make a difference, not only for my family, but for the people that would be the beneficiaries of my craft. In the past my jobs had defined me, and not always in a good way. Being a Chef meant that I worked nights and weekends; I was good at it, and I loved it, but it was killing me. What I mean to say is that, it was killing my family. Most of the jobs that interested me would not bring any of the life changes that I was looking for; they were more of the same, high pressure and long hours. Then, I met the owners and the management team at Summerhill, and I was blown away. Could I actually find a place where I could play all day in the kitchen, make all this wonderful food, and still get home to my family for dinnertime. I found out I could and this brings me to my message for you.

Why should you consider Summerhill Assisted Living for your Loved Ones? This is a really important question that must be answered. Well, I hope that I can give you a few good reasons to consider Summerhill for your aging parent or loved one. You would expect a Chef to start a tour of Summerhill right in the kitchen and that is exactly where I am heading. For many residents, dinner and supper are the high points of the day. Besides being a good social time to meet with fellow residents it is also a time to have some good food. I think that food is one of the most important parts of life. You see, growing up

in a household of 10 siblings, there was nothing more important than the family meal. It was also an exercise in survival of the fittest. You wouldn't even think about showing up late for dinner. My mother was a great cook, and she always had time to make the most delicious deserts. I can still remember the smiles from my siblings as mother brought those wonderful meals to the table. And that is where I was hooked. I wanted to make people smile like that. So I embarked on a culinary career. Since then, I have had a love affair with food that has consumed most of my life. My number one concern here at Summerhill is making sure that all the residents are eating. The soups are always very hearty and full of fresh vegetables, and for some, this may be the only source of protein or vegetables they get all day. Since I took the job as Food Service Director at Summerhill, I have been having a great time. I had forgotten how much I love to cook. I haven't really cooked like this in years. But, more importantly, I am impressed with the professionals that make up the team that has been brought together with the primary goal of taking care of your loved ones. These people really do genuinely care, and are a top notch team, that really goes out of their way to make sure that everyone feels completely at home.

I am blessed and happy to be here. As I get to know you better in the coming months, I hope to bring to you many happy tasteful memories of Summerhill.



Recipe from the Chef's Desk

I would like to tell you about one of my favorite things to make when having company over; one thing that is sure to impress my guests is my Vegetable Wellington with a Pommerey Mustard Cream. This specialty can be made with such a wide variety of different vegetables, that it makes it a hit any time of the year. In the spring, it is great with asparagus, in the summer months I use zucchini, yellow squash and spinach. As we approach the fall and winter months, I prefer heartier squash like butternut or golden nugget. There are very few rules; the most important one is that if you like the vegetable that you choose, likely it will be great in this recipe. I have chosen to give the recipe for my personal favorite; this is the one we served at the recent Christmas party for Summerhill.

Autumn Vegetable Wellington

1 puff pastry sheet (available in most grocery stores), thawed	2 large carrots, peeled, sliced lengthwise a little bit thick
1 butternut squash, peeled and seeded	1 handful fresh baby spinach
1 large Spanish onion, peeled and cut in 8ths	4-6 ounce shredded cheddar cheese
3 red skin potatoes, not peeled, thickly sliced	2-4 ounce shredded asiago cheese
5-6 medium domestic mushrooms	1-2 ounce good extra virgin olive oil

Set oven temp to 350F. In a small roasting pan place the butternut squash round side up, the carrots, mushrooms, potatoes and the onions can be arranged around the squash. Coat the vegetables lightly with the olive oil, and season with salt and pepper. Roast for 25 to 30 minutes or until lightly golden brown in color and somewhat caramelized. The vegetables should be tender at this point. Remove from oven and allow them to cool. The butternut squash needs to be sliced now that it is cooked. It is best to slice it from end to end in log shapes.

To assemble the Wellington:

The puff pastry dough should be completely thawed. Put the dough so that it is lying parallel to the side edge of the table. It is best to start with the heavier vegetables on the bottom. Place the butternut squash on top of the puff pastry dough in the center third of the dough, begin in a full layer, then top with carrots, caramelized onions, and mushrooms. It is good to put the cheese between as many layers as possible. Top with the spinach. And season with salt and pepper. Now that the layers are ready it is time to close up the wellington. This can be as easy as bringing up all the sides together at the top, or if you are the more adventuresome type, then you can attempt to braid them together. I would suggest using the simpler method at first until you have made it a few times, then perhaps attempting the more complicated version. After you have completely closed up the wellington, it needs to be brushed with egg wash. Bake 30 to 40 minutes or until golden brown. Cool and slice the Wellington. Serve with the Pommerey sauce.

Pommerey Sauce:

I use a béchamel sauce, with the addition of whole grain mustard. To prepare the béchamel sauce, first you must prepare a roux. This is a classic preparation using butter and flour and cooking it together slowly over a low flame, until it begins to smell like toasted nuts. Watch that it does not burn.

2-4 ounces butter
1-2 cups all purpose flour
1 quart milk
4 ounces wholegrain mustard
Salt and pepper to taste

Cook the butter and flour as described above and allow to cool. Bring the milk to a slow boil and begin to add the cooled roux to the milk. Stir constantly to mix the roux into the milk. You will notice it will start to thicken. Allow to cook slowly for 4-5 minutes. Season the finished sauce with salt and pepper.

I truly hope that you enjoy this recipe and if you have any questions please do not hesitate to call me. I will be preparing this recipe in my first cooking demonstration here at Summerhill during the month of February. So be sure to watch the Summerhill calendar for more details.

Happy New Year!!!

Aylmer H. Given III
Executive Chef Summerhill



I Want to Go to Morrow

by Lew Sully

I started on a journey, just about a week ago
For the little town of Morrow, in the State of Ohio
I never was a traveler and really didn't know
That Morrow had been ridiculed a century or so
I went down to the depot for my ticket and applied
For tips regarding Morrow, interviewed the station guide.
Said I, "My friend I want to go to Morrow and return
No later than tomorrow, for I haven't time to burn."

Said he to me, "Now let me see if I have heard you right;
You want to go to Morrow and come back tomorrow night.

To go from here to Morrow and return is quite a way
You should have gone to Morrow yesterday and back today
For if you started yesterday to Morrow, don't you see,
You should have got to Morrow and return today at three.
The train that started yesterday, now understand me right,
Today it gets to Morrow and returns tomorrow night.

Said I, "My boy, it seems to me you're talking through your hat.
Is there a town named Morrow on your line, now tell me that."

"There is," said he, "and take from me a quiet little tip,
To go from here to Morrow is a fourteen-hour trip.

The train that goes to Morrow leaves today, eight-thirty-five;
Half-after ten tomorrow is the time it should arrive.

Now, if from here to Morrow is a fourteen-hour ride,
Can you go today to Morrow and come back today?" he cried.

Said I, "I want to go to Morrow, can I go today
And get to Morrow by tonight, if there is no delay?"

"Well, well", said he, "explain to me, and I've no more to say,
Can you go anywhere tomorrow and come back today?"

For if today you get to Morrow, surely you'll agree
You should have started not today, but yesterday, you see.
So if you start to Morrow, leaving here today, you're flat;
You won't get into Morrow till the day that follows that.

"Now if you start to Morrow, you will surely land
Tomorrow into Morrow, not today, you understand.
For the train today to Morrow, if the schedule is right,
Will get you into Morrow by about tomorrow night."

Said I, "I guess you know it all, but kindly let me say,
How can I go to Morrow if I leave the town today?"

Said he, "You cannot go to Morrow any more today,
The train that goes to Morrow is a mile upon its way!"

I was so disappointed, I could only wildly stare.
The train had gone to Morrow and had left me standing there.

The man was right in telling me I was a howling jay,
I didn't go to Morrow, so I guess I'll go today.

Submitted by Summerhill Resident Fran Lathrop

DEMENTIA SUPPORT GROUP

Our first Dementia Support Group meeting of 2011 will take place on Wednesday, January 19th from 5:00 - 6:00 PM in the Monadnock Room. The Support Group is a forum to share experiences and learn from each other. You will learn more about dementia, including stages of the disease, how to communicate effectively with those who suffer from the disease, and resources available in the area. Please RSVP to our Concierge if you are interested in attending. Call 924-6238.





Winter Is Knocking...



Mike DiPasquale, Director of Environmental Services

It's that time again!! Winter is knocking on our door. As much as I would like to not let it in, it's coming anyway. Welcome to New England, right? Here are a few things to keep in mind as the colder weather settles in on us.

Remember to keep your windows locked. A locked window is a sealed window, keeping the cold air out and eliminating any breezes. Also keeping your blinds down and sometimes closed will also prevent cold air from coming through the windows. Each room has it's own thermostat to control the heat. If you are cold, or feel like there is not enough heat in your room, please let maintenance know. There could be a problem specific to your room. What I mean is, if your neighbor has heat and you don't feel like you do, please tell me. I will do everything I can to keep the common areas of the building comfortable for everyone.

That means that if you are hot, someone else might be comfortable, or cold.

Please be aware that our parking lots and walkways could be slippery. The maintenance department will try to keep ahead of any possible ice or snow build-up around the building, but there is always a possibility of ice forming. Ask for assistance getting in and out of cars if you need it, and if you notice a slippery section of the parking lot, let someone know as soon as possible. My goal is to prevent any accident from happening. Help me accomplish this goal by telling us of any problems you might see.

Lets all enjoy the winter months and before you know it, we will be complaining about the heat and installing air conditioners!!

Thank you.



SEASONAL INFLUENZA

Influenza (the flu) is a contagious respiratory illness caused by influenza virus.

Flu symptoms and severity can vary and may include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny nose or stuffy nose
- Muscle or body aches

- Headaches
- Fatigue
- Vomiting and diarrhea

Prevention:

- Flu vaccine
- Hand washing
- Call doctor if symptoms occur



SUMMERHILL TRANSPORTATION INFORMATION

When family or friends are unable to transport you to doctor appointments our Summerhill staff will assist you with both making your appointments and arranging transportation. Simply call 924-9955 ext 165 followed by the number 8 and leave a message. The Summerhill staff will schedule your doctor appointments for either Tuesday or Thursday.



You may, of course, schedule your own appointments for any day you do not require our help with transport. But *please* do advise the nurse of every appointment you schedule. This gives the nursing staff notice in preparing necessary appointment paperwork.

Thank you!

Prevent Pneumonia

Can Pneumonia be Prevented? Yes.

People at high risk include people who:

- Have chronic illnesses such as lung disease, heart disease, kidney disorders, sickle cell anemia, or diabetes.
- Are recovering from severe illness
- Are in nursing homes or other chronic care facilities
- Are age 65 or older

Get a flu shot every year to prevent seasonal influenza. The flu is a common cause of pneumonia, so preventing the flu is a good way to prevent pneumonia!

Get vaccinated against pneumococcal pneumonia if you are at high risk of getting this type of pneumonia.

Wash your hands frequently, especially after blowing your nose, going to the bathroom, diapering, and before eating or preparing foods.

Be aware of your general health!

Since pneumonia often follows respiratory infections, be aware of any symptoms that linger more than a few days.

Good health habits such as a healthy diet, rest, and regular exercise help prevent you from getting viruses and respiratory illnesses. They also help promote faster recovery when you do get a cold, the flu or other respiratory illness.

The Weston Group reminds you that every Friday at 10 am is Open Gym. Come and stay active inside in our Rehab clinic, use the bike, exercise with weights and join in the fun!



Grandmother's Perfect Day

Anonymous

“Grandmother, on a winter’s day
Milked the cows and fed them hay,
Slopped the hogs, saddled the mule,
And got the children off to school.
Did a washing, mopped the floors,
Washed the windows and did some chores,
Cooked a dish of home-dried fruit,
Pressed her husband’s Sunday suit,
Swept the parlor, made the bed,
Baked a dozen loaves of bread,
Split some firewood, and lugged it in,
Enough to fill the kitchen bin,
Cleaned the lamps and put in oil,
Stewed some apples she thought might spoil,
Churned the butter, baked a cake,
Then exclaimed, “For mercy’s sake,
The calves have got out of the pen.”
Went out, and chased them in again.
Gathered the eggs and locked the stable,
Back to the house and set the table,
Cooked a supper that was delicious,
And afterwards washed all the dishes,
Fed the cat, and sprinkled the clothes,
Mended a basket full of hose,
Then opened the organ and began to play:
‘When you come to the end of a perfect day.’

Submitted by Summerhill Resident Emma Peglow

Church Ladies Prayer

When our stay on Earth is over
And we near those pearly gates
I am sure we will be welcomed
Since we will all be bringing cakes

And as the angels watch us
I know we will be recognized
Because every single one of us
Will be carrying a donated prize

And the good Lord will smile upon us
And to Peter He’ll give a knowing glance
Yes they are all to enter here
They’ve won my 50/50 chance

Submitted by Summerhill Resident Helen Brazil



3/20 - First Day of Spring
 3/17 - St. Patrick's Day
 5:00 - 6:00pm in the Monadnock Room
 3/16 - Dementia Support Group —
 3/13 - Daylight Saving Time Begins



March

2/23 - Dementia Support Group — 5:00 - 6:00pm in the Monadnock Room

2/21 - President's Day
 2/14 - Valentine's Day
 2/2 - Ground Hog Day



February

1/19 - Dementia Support Group — 5:00 - 6:00pm in the Monadnock Room
 1/1 - New Year's Day

January

DATES TO REMEMBER



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Laura Putnam, Executive Director

VISIT US ON THE WEB

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