



# 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

It has been such a pleasure getting to know the residents, family and friends of Summerhill. Our community is special in many ways. I feel fortunate to work with such a dedicated team of staff members, and enjoy watching the bond our staff members share with our residents.

We’ve been very busy over the last several months. The beautiful summer weather was perfect for many outdoor activities. On any given day residents could be found gardening in our raised bed vegetable gardens, enjoying “Parties on the Patio”, or taking part in our theme based Barbeques. We celebrated the end of summer with a “whole house” picnic at MacDowell Dam.

Moving forward into Fall, we have a variety of activities planned for all to enjoy. Some of these include apple picking, monthly book group, men’s and women’s luncheons to area restaurants, and much more! Ongoing activities are plentiful and include Bingo, guest speakers and entertainment, and of course, Pub!



Please join us on Saturday, October 2nd at 10:00 for our Butterfly Release. In honor of those with Alzheimer’s disease. All proceeds go directly to the Alzheimer’s Association. Please call 924-6238 for more information or to purchase a butterfly.

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## Resident Memoir



Elden Nielsen has been a part of the Summerhill family since September 2009. He moved to Summerhill in need of a respite and later decided it was the perfect place for him to live where he could come and go as he wishes, spend time with his wife, Marge, and of course receive care from “the wonderful, thoughtful, supportive and caring staff” of Summerhill. The food is delicious and I don’t have to spend time taking care of household chores!

The key points in Elden’s life these days are time spent with his wife, Marge; his family, enjoying music and reading; and keeping in touch

with dear friends. Elden married Marge in 1976 after meeting her at the Dublin Community Church, where she was the choir director and Elden a choir member. Music definitely played a part in their meeting and remains a significant connection between them after all these years. Elden had at this time raised his three sons: Kent, Barry, and Brad and Marge raised her three daughters: Kathy, Becky, and Gina – quite the Brady bunch family. There are now eight grandchildren between them and another on the way. Elden proudly shares photos of his family and is happy to regale tales of memorable times with and all of them. Going fishing with Grandpa to catch kibbees was a favorite pastime. Elden last went fishing with several of our residents on Lake Monomonac with Jean Kundert (one of our Activities Directors) at the helm. They were lucky enough to catch perch.

Music is the other great love of Elden’s life and has been since Mr. Honstev, a high school teacher, introduced Elden to “the joys of music.” Elden took on playing the trombone and baritone horn in the school band. Even though this teacher told Elden “Don’t ever become a teacher,, that is exactly what he did and taught Music theory in middle school for 35 years after earning two bachelor’s and one master’s degrees from universities in Indiana, Missouri and Minnesota. Elden also taught high school band for some years. Today, Elden takes pleasure listening to classical music and music of the theatre. While in the Spec 4 - 25<sup>th</sup> Division of the US Army, Elden played the baritone horn in the band and practiced marching with the troops. He also played for the statehood ceremony in Hawaii in 1950.

Elden grew up with his four brothers and three sisters in South Dakota and recalls picking up corn cobs from the pig pen, throwing down hay, picking eggs and shucking peas on the family farm. He was 17 years old when the family moved to Indiana. Elden is known as Mr. Fix-it and, like many men, knows the meaning of useful tinkering. He can be quite content to read household manuals and other engineering literature. Not only is Elden an avid reader of multiple subjects, he wrote a book: Discover the U.S. on a Shoestring after an eight month trip across country in 1982/83. Elden is a thoughtful and loyal friend with a charming smile. He is devoted to Marge, and loves his family beyond measure.

## WELCOME WELCOME WELCOME

### Please welcome our new residents...

Edith Angus  
Bob Bennett  
Rita Brace  
Jean Eckhardt  
Helen Fisher  
Micky James  
Cecile Jennings  
Sylvia Seppala  
Eileen & Albert Sylvestre

### ...and our new employees.

Carol Baldwin, LPN  
Johanna Barden, Dietary Aide  
Theresa Beane, LNA  
Michelle Conroy, LNA  
Sarah Edes, LPN  
Emily Gifford, LNA  
Myla Goddard, LNA  
Star Kachadoorian, LPN  
Carol LaBree, LPN  
Maureen McCann, LPN

Pearl McKittrick, LNA  
Tracy Ouellette, Director of  
Health Services  
Amy Parslow, LNA  
Laura Putnam,  
Executive Director  
Steve Sawyer, RA  
Katharine Traquair, LNA

## LIFE AT SUMMERHILL

**ASSISTED LIVING** Residents at Summerhill have been busy this summer with lots activities and outings. Each week we can count on the smell and taste of fresh bread or a wonderful dessert made by residents in our Country Kitchen, an evening at the Pub with Steve and Thursday nights out on the patio making 'smores or sitting around telling jokes. In August we began an Open Gym program and swimming at Crotched Mountain. With such great weather this summer, we have been able to enjoy several outdoor picnics and BBQs.

Fall is just around the corner and we have lots on new events planned.

In September we will be starting a book club and bridge games will be on Thursdays in the sun room. We also plan to go apple picking. Of course we will continue our weekly activities of bingo, card games, puzzles, Pen Pals, movies, crossword puzzles, walking for fitness, ladies' lunches, men's lunches, tea parties, coffee social and music programs.

Residents, Volunteers and Staff enjoy filling the days with lots events and activities at Summerhill. The opportunities are endless and the staff

much appreciates your suggestions for activities. Being retired means that you can set your own schedule; pick and choose the activities that you enjoy. Please participate in the activities that interest you and invite friends and family to join you.



**Please join us for any and all activities.**



## LIFE AT SUMMERHILL

**MEADOWS** Every day in the Meadows brings opportunities to fully embrace the gifts and challenges of dementia; not only for the residents living there, but for family, staff and other significant friends and visitors. It is sometimes difficult to meet a resident or a loved one where they are in their minds at a given moment on a given day, but doing so creates connection and joy that sustains like nothing else.

Individuals with dementia experience reality in very different ways from those of us not experiencing diminished cognitive function. We know what day it is, we know where we are and that we are safe. Anything that can be offered to residents to support their sense of security and well being is critical. Sometimes, this means fully accepting that they are not capable of orienting themselves in the reality we know. Sometimes, we need to enter into their reality and improvise.

Improvised reality is not lying. It is fully honoring the individual's perspective and

supporting his or her well-being in that moment. The single greatest thing we can do to respect the altered reality of someone with dementia is to not correct him or her, and to find ways accept the moment.

Perhaps a resident voices that she is waiting for a spouse who has long passed away; there are several ways to validate that reality in the moment: Saying things like, "I know how much you love John" or "A visit would be so wonderful" reflect back to the resident what she is thinking and feeling in that moment. We must resist the inclination to remind her that John died 20 years ago; we must enter her truth.

It's difficult to let go of what we know to be the factual truth, but it is enormously freeing in the effort to connect with those who have dementia. It affords connection and supports a sense of safety and security. It can also unlock memories and give us the chance to create new ones in those moments we are deeply present in the reality of those for whom we care so deeply.





## Greetings from the Kitchen

(Neil Cilley, FSD)

Greetings from the kitchen! Wow, where did the summer go? It's hard to believe that as I write this, Labor Day is in the past. Pretty soon the leaves will begin to change and we will all have to gear up to complain about the impending winter. Ok, ok, let's not get too far ahead of ourselves.

What a great summer we had here at Summerhill. In case you were not aware, we had some pretty spectacular cookouts here in our community. I bought a new gas grill right before Memorial Day and we used it that weekend, on the 4<sup>th</sup> of July, and each and every Monday all summer. A heartfelt thanks goes out to our Activities Coordinators Heidi Schweiger and Jean Kundert. They work tirelessly to make these events successful and fun. Thanks, ladies!

The cookouts continued throughout August and culminated with our Labor Day Cookout.

We also began our "Eggs to Order" program over the summer. You might not realize that each and every day our Assisted Living Residents can order, among other things, eggs cooked anyway they like. Fried, scrambled, omelets, whatever! In an effort to add more variety and fun to breakfast, I also go to our Memory Care Units once a week and offer the same service. I have a two-burner unit I place on the counter facing the dining room and make eggs any ol' way for each and every resident. Interacting with the residents over breakfast is so much fun; I truly have a blast and it's become the highlight of my week.

Well, that's it for now. Hope you enjoyed your summer and I'll report in again next time!

-Cheers!

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## Perfect Apple Pie (The Classic)

**Preparation Time:** 30 minutes

**Start to Finish Time:** 70 minutes

**Yield:** 8 servings



### Pie Filling

- 2 pounds Cortland apples (or your favorite)
- 1 pound McIntosh apples
- 3/4 cup granulated sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Preheat the oven to 425 degrees F. Peel and core apples, slice them 1/8 inch thick, and transfer to a clean bowl. In a separate bowl, combine the sugar, cinnamon, and nutmeg.

Lightly flour your work surface and roll out one disk of dough into a 12- to 13-inch circle. Transfer the dough into a 10-inch pie plate; let extra dough hang over the sides. Place a flat 1-inch layer of apples on the bottom and sprinkle with a layer of the sugar mixture. Repeat until all

of the apples and sugar have been used. Roll out the second piece of pie dough and cover the apples with it. Trim excess dough so that there is about 1 inch of overhang; tuck the edges of the top crust under the bottom and crimp. Brush the egg over the surface of the pie; sprinkle with sugar. Make decorative cuts in the pie to allow the steam to escape. Bake 20 minutes. Lower heat to 375 degrees F and bake 20 minutes longer, or until the pie is golden brown.

### Pie Crust

- 2 disks Tender Flaky Piecrust dough
- 1 large egg, well beaten
- 1 tablespoon coarse or regular granulated sugar



## A WORD FROM MAINTENANCE

### MIKE DIPASQUALE

“I got this when I visited the Grand Canyon for the first time, and this one, my granddaughter gave it to me for Christmas three years ago,” one resident tells me as she points out her memorabilia and decorations in her room. “That’s beautiful,” I tell her. And the stories about where all her figurines and pictures came from continue.

I would like to take this opportunity to talk a little about housekeeping and the amount of decorations that are kept in our rooms. Some of our residents have the most beautiful and timeless pieces in their room. Items that have so much meaning to them. Sometimes there is so much stuff that we can’t properly clean the rooms, and not to mention that when the rooms are being cleaned, we are afraid of breaking some of these priceless memories.

A lot of decorations and clutter in these rooms can also be considered a safety hazard.

What happens when it is midnight and you have to use the bathroom, and on your way you trip over a box and hurt yourself? What happens when the fire alarm is sounding and we need to evacuate you from your room for safety reasons, but we can’t get to you or get you out of the room safely? These are a few examples of scenarios that could put you and others in danger.

These are a few of the things I would like you to consider when decorating your rooms or when you are not willing to part with any of your belongings. Go through them, ask family members to take some home and store them for you. If you can’t do that, ask us, we will find a place to store your decorations that is safe and secure. We want you to feel comfortable in your room. We want you to remember the great times you had, but we want you to be safe too, and have a clean, organized home to live in.

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## 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 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.

An errand run will be made on Mondays at 2:00 PM. If you wish to run errands, please call transportation at 924-9955 Ext. 165 or sign up in the Country Kitchen. Thank you!





## DEHYDRATION

Did you know that water makes up 75% of your body weight? Water is an essential element for normal body function.

Causes of dehydration:

1. Diarrhea
2. Vomiting
3. Sweat
4. Diabetes
5. Burns
6. Inability to drink fluids

Signs and Symptoms of dehydration:

1. Dry mouth
2. Eyes stop making tears
3. Sweating may stop
4. Muscle cramps
5. Nausea and vomiting
6. Heart palpitations
7. Light headedness

How to replace fluids:

1. Drink water – small frequent amounts
2. Intravenous fluids

It is very important when the weather is hot to drink plenty of fluids.





10/31—Halloween

10/11—Columbus Day

10/2—Butterfly Release at Summerhill—10:00

## October

9/25—Monadnock Wellness Festival

9/23—First Day of Autumn

9/18—Monadnock Climb

in the Monadnock Room—1:30

9/15—Seminar on Veteran's Benefits at Summerhill

## September

FALL DATES TO REMEMBER



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Laura Putnam, Executive Director

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VISIT US ON THE WEB

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