

The Scoop

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Written by Hailey Wetherbee

I can't believe it's already February of 2022! A new year that I'm sure will be filled with blessings even as we continue to face challenges brought on by COVID-19.

In 2021 we welcomed many new faces to our community, and we hope to do the same in 2022. Our new members tell me that they have found Summercrest to be a warm and welcoming place where they feel safe. These wonderful statements show me that we are living up to our mission as a senior living provider. My hopes for 2022 are that the residents of Summercrest continue to find meaningful engagement within our community and that we continue to live up to the phrase "Life is Good Here."

To our staff: I continue to be amazed by all that you do every day. Each staff member is dedicated and caring and provides compassion and support to our residents. The exceptional work that you do here is the reason that Summercrest continues to be such a vibrant community. In 2022 I hope to expand upon this base bringing in additional members to support our growing community.

So Happy New Year (a bit belated) to you! May the dreams in your heart find their way into the world.

Life is Good Here



Resident Spotlight

Ann & Ron Lizotte

Ann and Ron Lizotte met in New Ipswich, MA at the ages of 10 and 11, respectively, where they went to school together. Soon after graduating from high school in the late 1950's, they got married the summer before Ron went into the Army Reserve.

Ron spent six months at basic training at Ft. Knox in Kentucky and from there he spent seven years in the Reserves. Also, in the late 1950's Ann and Ron's first son, Dean, was born. 2 ½ years later, the Lizotte's welcomed Dean's brother, Theodore (Ted), to the family.

While in the reserves, Ron began his career as a Tool & Die Maker for a company called Microtool. Ron worked at Microtool for 30 years and ran the tool shop at the company for 18 of those 30 years, where Ron oversaw 27 employees. After retirement from Microtool, Ron and Ann moved to Cape Cod where Ron continued to work in the industry with friends that he had met over the years.

Ann stayed at home for a few years to raise Dean and Ted. Once the boys were old enough, Ann went to teaching school at both Fitchburg State College and Keene State College. Once Ann received her degree, she taught English to junior high students.

Ann and Ron have two granddaughters, three great-grandchildren (one girl and two boys). They have lived at Summercrest for just over one year with their cat named Cena. Together, Ann and Ron enjoy fishing, gardening, and cross-country skiing. Ron was an avid hunter. Ann was not. Ron and Ann still enjoy vacationing in Maine every summer.



Noteworthy Community Activities

- Exercise Group
- Men's Group with Steve Gunnerson
- Afternoon Tea Social
- Birthday Party
- Valentine's Day Bingo
- Valentine's Day Party with Second Wind



Life at Summercrest

What is it like to be a resident at Summercrest

WRITTEN BY GLORIA STETSON



It's a brand new year. As I look out my windows with the wind blowing, snow falling, and birds at the bird feeder my thoughts are: this is such a special place.

We journey through life having to make necessary decisions and changes. Since Summercrest is in the heart of Newport, this was my choice.

As a resident for some time now, I believe I'm not alone in agreeing that every effort is taken to provide comfort and care by all the staff. In a warm atmosphere, memories are shared as friends mingle.

I am so grateful for making Summercrest my 'home away from home'.

"Life is good here"



Each month we ask a resident if they would like to talk about life at Summercrest. When we asked Gloria, she was excited to share her feelings about her experience here. It is so gratifying to hear from residents that they are happy, comfortable and that we are their home.



Recipe

Mini Meat Loaf Sheet-Pan Meal

- 2 large eggs, lightly beaten
- 1 cup tomato juice
- 3/4 cup quick-cooking oats
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- 1-1/2 pounds lean ground beef (90% lean)
- 1/4 cup ketchup
- 3 tablespoons brown sugar
- 1 teaspoon prepared mustard
- 1/4 teaspoon ground nutmeg
- 3 large potatoes, peeled and cut into 1/2-inch pieces
- 3 tablespoons olive oil, divided
- 1/2 teaspoon garlic salt, divided
- 1/4 teaspoon pepper, divided
- 1 pound fresh asparagus, trimmed and halved

Directions

- Preheat oven to 425°. In a large bowl, combine eggs, tomato juice, oats, onion, and salt. Add beef; mix lightly but thoroughly. Shape into six 4x2-1/2-in. loaves; place on a sheet pan or large shallow roasting pan. Combine ketchup, brown sugar, mustard, and nutmeg; brush over loaves.
- Combine potatoes with 2 tablespoons oil, 1/4 teaspoon garlic salt, and 1/8 teaspoon pepper; toss to coat. Add to pan in a single layer. Bake 25 minutes.
- Combine asparagus with remaining 1 tablespoon oil, 1/4 teaspoon garlic salt, and 1/8 teaspoon pepper; toss to coat. Add to pan. Bake until a thermometer inserted into meatloaves reads 160° and vegetables are tender, 15-20 minutes. Let stand 5-10 minutes before serving.

Community News

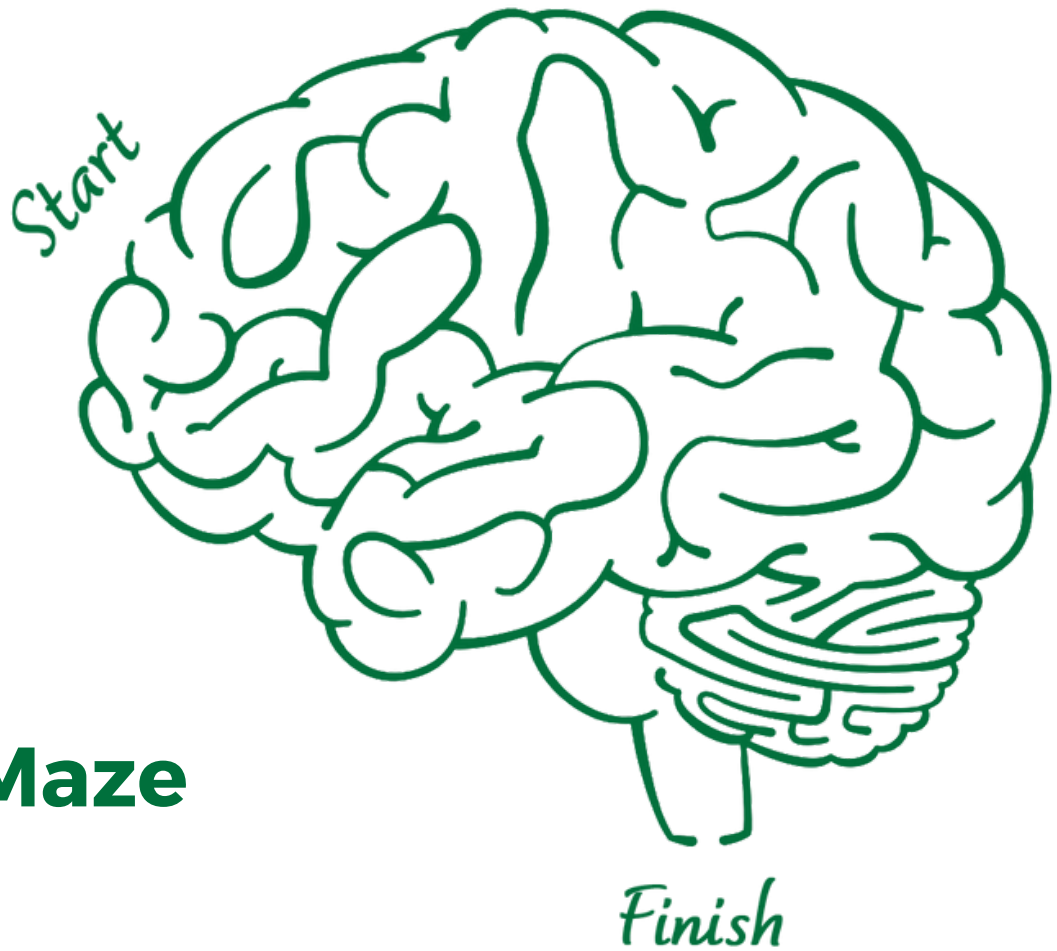


Congratulations to Chef Alex for welcoming her 7th grandchild!

A big welcome to new Resident Services Assistant, Kim.
We are excited to have you on the team!

Congrats to RSA Shawnee on her new chocolate lab puppy!

A heartfelt welcome to new residents:
Robert Crane, Shirley Pagel, and Barbara Rodeschin!



Brain Maze

“When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.” — Paulo Coelho, The Alchemist

CONNECT WITH US



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