

The Scoop

DECEMBER 2021



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New Year's Resolutions

Every year, millions of people make New Year's resolutions, hoping to spark positive change. However, a lot of these resolutions fail because they're not the right resolutions. If you are planning to make a resolution this year, here are 5 tips that will help you follow through with them.

1. **Be purposeful!** You must choose a resolution that is relevant to you, not society. Your goal must have value or benefit for you.
2. **Be specific!** Don't be generic! Be very clear with your goal and plan how you believe you will be able to reach this goal.
3. **Measure progress!** Make sure to track your progress, and celebrate every win, even the smallest ones.
4. **Time-Bound!** Give yourself a realistic timeframe to achieve your goal with lots of smaller intermediate goals along the way to help you track and celebrate your progress.
5. **Be realistic!** You must choose a goal within the realm of possibility, but that it's still challenging to you.

We hope these 5 tips will help you make your resolution a reality and make 2022 your best year yet!

Life is Good Here - BEST OF 2021



A Day in My Shoes

What is it like to be Summercrest's Marketing & Sales Director

WRITTEN BY LEIGH STOCKER



Because every day is different, I will tell you what a favorite day looks like for me. I try to get to work typically by 8 but I don't always make that deadline. One of my favorite things when I enter the building is seeing residents gathering, chatting, and laughing in the lobby and café areas. It's always a great way to start the day, greeting residents and receiving the genuine reciprocal appreciation.

After taking my temperature and screening myself, I head to my office to unload my belongings and then I head back out of my office to greet staff that are in the building. I feel it's important for us all to know which co-workers are in the building. While doing this, I eyeball all parts of Summercrest to make sure everything is in its place and that the building is looking good and is welcoming. This may include moving a

plant that has seen a better day, checking the bathrooms to ensure they are up to par or picking up a trash bag for a resident. I do these things in preparation for any visitors that may be coming that day, be it visitors for residents or people coming to check out Summercrest as a place to call home for themselves or a loved one.

On days that I have people coming to see Summercrest for the first time, I am always excited. I love where I work, and I absolutely love the opportunity to show it off! When I have visitors, I show them everything; the café, the formal dining room, the outdoor patios, the activity room, salon, exercise and game rooms, and of course the apartments. I love to have the chance to introduce visitors to my co-workers and to residents. People always comment on how happy everyone is and how much fun they are having.

In my downtime, I am returning phone calls and emails, having fun with residents and fellow staff members, and doing tasks such as data entry and documentation. I am a people person through and through. I'd much rather give my attention to residents and potential residents while I can and catch up on the computer work later.

My title is Marketing Director, but my nickname is the 'Cruise Director'. This is because I do whatever I can to make a person's day better, easier and happier. I have been an errand runner, a furniture mover, a bathroom cleaner, an activities aide, a joke teller, etc. I know that I can help others enjoy their days. Summercrest is a place where people come to enjoy living. I want to make that experience as great for them as I possibly can.

Thank You

New Year's Eve Word Scramble

utwacnono _____

ebeltreca _____

idgitmhn _____

ecfotitn _____

sinoerustol _____

rpyta _____

apelssrkr _____

nlaboslo _____

sogla _____

rkwesifro _____

aajrnyu _____

eismome _____

**Answers at the bottom of this page*

Employee Spotlight

Alexandra S.G. Merrill - Sous Chef

Alex was born in New Bedford, Massachusetts. She was raised with five older sisters and one younger brother. When Alex was 18, her family moved to Newport, NH where Alex finished high school. After high school Alex began her career in food service as the general manager for what was the Idlenot Restaurant here in Newport. Throughout her career in food service, Alex has held

positions as bartender, waitress, cook, hostess and food vendor. She is currently the sous chef at Summercrest. Alex has been a vital part of the Summercrest team for almost six years.

Alex lives in Lempster with Jason, her husband of 15 years. Alex has two sons, Wyatt and Hunter and two stepchildren Mandy and Jason, Jr. She has seven grandchildren with another one on the way. Alex's favorite things about her job are the residents she takes care of, her co-workers and the bacon. In her words, 'the kitchen crew is comprised of wicked good peeps, and I will always stand up for them'. She is a good momma bear. Her favorite color is pink. She loves rocks, gems, minerals, jewelry, crafts, and gardening.



New Year's Eve Word Scramble Answers

countdown, celebrate, midnight, confetti, resolutions, party, sparklers, balloons, goals, fireworks, January, memories

Merry Christmas



Summercrest continues to grow and expand, in 2021 more than 30 new faces have joined our residence! I wish all our residents and staff the happiest of holidays and a joyful new year!

Hailey Wetherbee - Executive Director

Christmas Bells by Henry Wadsworth Longfellow

"I heard the bells on Christmas day
Their old familiar carols play
And mild and sweet their songs repeat
Of peace on Earth, good will to men."



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