

The Scoop

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Social Connections

WRITTEN BY HAILEY WETHERBEE

The ability to connect, share, and love is as essential to life as breathing. This is true for persons of all ages. Studies have shown that persons with supportive friend groups and social commitments live longer and healthier lives. Moments spent with our families and friends act like vitamins, bolstering our immune system.

At Summercrest we do our utmost to foster new social connections between residents and support longstanding relationships both in and out of the community. While COVID-19 has changed the way that we manage visitation, it's important to note that we will still welcome visitors into our community in any way that we can so that our residents can continue to nurture their lifelong relationships.

If you have any questions about how we are managing visitation, please give us a call!

Life is Good Here



A Day in My Shoes

What is it like to be a Resident at Summercrest

WRITTEN BY RESIDENT COLLEEN WALKER



I don't like to get up early. I get my morning meds around 6 am and go back to bed for a bit. I also don't like to sleep late because I don't want to miss breakfast. Breakfast is my favorite meal, and they do such a great job here. I shower every day and can shower and get ready for my day in 15 minutes.

I always love to go to the exercise program. Barbara really keeps us moving! Going out for lunch is something I really enjoy, especially when I go to Taco Bell with my dear friend Susan. But most often I eat with the girls here in the dining room.

Every day I pray for people, my friends, and my family. It is important to my Christian religion. I love to read, but my favorite thing to do is to go to the Newport Thrift Store where I volunteered up until the pandemic came. Bruce will give me a ride down whenever I feel the urge to shop, which is often.

I stay very active at Summercrest with my friends that live here, and I participate in most of the activities. It's a great place to be!



Recipe

Fab Summer Blackened Chicken Salad

- 2 tablespoons olive oil, divided
- 2 (6 ounce) skinless, boneless chicken breast halves
- 1 ½ tablespoons Cajun seasoning
- 2 cloves garlic, crushed
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste
- 2 cups mixed salad greens
- 1 cup arugula
- 1 avocado - peeled, pitted, and diced
- 12 oil-packed sun-dried tomatoes, drained and sliced
- ½ cup sliced black olives

Directions

- Warm 1 tablespoon olive oil in a large skillet over medium heat.
- Season both sides of chicken with Cajun seasoning, and place in hot oil.
- Stir in crushed garlic. Cook chicken 5 minutes on each side, or until juices run clear.
- Remove chicken from skillet, drain on paper towels, cool slightly, and dice; discard oil and garlic.
- In a small bowl, mix remaining olive oil, balsamic vinegar, mustard, salt, and pepper.
- In a large bowl, gently toss the dressing with the mixed salad greens, arugula, avocado, sun-dried tomatoes, and olives.
- Top with diced chicken to serve.



Noteworthy Activities:

- 4th of July party
- Performance by Joe Jennings
- Visit by Rocky and Daphne
- Hairdresser
- Resident Services Assistant Appreciation Day
- Ice Cream Social

Upcoming Activities:

- Birthday Party
- Rootbeer Floats
- Performance by Jim Hollis
- "Tools for the Tool Box" with Kelly Rochford.
- Wheel of Fortune
- Congregation Church Service

Resident Spotlight

Frances Ide

Frances Ide was born in Connecticut in 1938 and she was raised in Springfield, Massachusetts where she attended grade school and high school. After she graduated, Frances began working in the office of an insurance company. She worked at this job for five years. In 1959, at the age of 21, she married Kenny Ide. Kenny was a self-employed carpenter. At the age of 23, Frances had her first child, Matthew. It was at the time of Matthew's arrival that Frances quit working at the insurance company, and she proudly hasn't worked a day since. That is unless you call raising three children work.



After Matthew came Marianne and then Mark. Mathew lives in Connecticut, Marianne in New York State, and Mark in Marlow, New Hampshire. Frances loves spending time with her family. Frances' hobbies include looking for Mickey Mouse memorabilia at flea markets all across the United States and horse pulling, which was one of her favorite pastimes with her late husband. Frances is a new resident to Summercrest and we couldn't be happier to have her here.

**"Yesterday is history,
tomorrow is a mystery, but today is a gift;
that's why it's called the present."**

-Bil Keane

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