



Spring Village at Summerhill at 183 Old Dublin Road, Peterborough, NH 603-924-6238

We love ...



### Our Summerhill volunteers

Please consider volunteering... cooking, knitting, baking, chaperoning on scenic rides, offering special events, playing cards or chess, reading to a resident, sharing a talent, running off the news, cutting out letters, helping with a craft and more... It can be rewarding and it helps us offer so much more to our residents.

Thank you from all of us at Summerhill.

### Enjoy the Monthly Newsletter



The Inside View is brought to you by the activities staff, the true creators, as they plan, coordinate, and take shots of the many activities that take place within these walls. Steve and Niki McGettigan, as Summerhill volunteers and whose parents were residents here at Summerhill for nearly four years, collect ideas and photos from Jean, research background, create, edit, and then run the articles that appear in the newsletter. The newsletter is a celebration of the residents and staff and the many social moments, happy memories, and smiles that are shared here daily. We hope you enjoy our efforts to share the news with everyone. So many wonderful events are happening here at Summerhill.



February can be cold and snowy so we find some pretty nice activities to do inside where it is warm and cozy. We also have some great visitors like Pepper, a

therapy dog. Each week, a new dog or two comes to Summerhill to make the rounds with our residents. It is a time full of smiles, for sure.

### Therapy Dogs at Summerhill

Therapy dogs in assisted living and nursing homes can bring uplifting energy and help make a positive impact on the residents, the staff, and families.

### Therapy Dogs Can Provide Comfort

A therapy dog's calm companionship facilitates a connection that has an effect on residents' well-being such as reducing intense emotions like aggression and distress.

If someone is feeling lonely or isolated, petting a therapy dog or having a therapy dog sniff their fingers, can reduce feelings of depression and anxiety. Some residents may have been former dog owners or are avid animal lovers and many connections from their past bring on fond memories and conversations



### Therapy Dogs Offer Physical Benefits, Too.

Not only do therapy dogs offer many mental benefits, but they can also help with physical health by reducing blood pressure and increasing endorphins that assist in feeling better and reducing pain. Our canine friends can also help decrease stress, which can affect the body in negative ways and potentially lead to serious health conditions.

It is important to remember that each of our residents may have different capabilities such as mobility, cognitive functioning, and awareness of their surroundings. This means that some residents are not able to interact as closely with our therapy dogs as others and that's okay! These dogs bring joy to all. Even the presence of our visiting dogs in a room can improve moods and put a smile on their face. If you haven't had a puppy or dog visit, be sure you watch for this on the calendar. It is truly a joyful time for all.

### Follow us on facebook



We love recognizing our residents and staff. You can read announcements, learn about celebrations or we just might make you smile. Facebook is a way for you to see many of the wonderful activities taking place inside these walls.

**Summerhill's Wish List**  
Sometimes we are looking for items you might have and you wouldn't mind letting us repurpose them. Some items might be fabric, art materials, DVD's, ... ask Jean if you think you might have something we could use.

### Staff Directory

Executive Director	150	Kristie Greenwood
Director of Nursing	154	Anthony McLean
Business Office Coordinator	152	Donna Roche
Maintenance Director	155	Gene Bixby
Activities Director	153	Jean Kundert
Director of Community Relations	151	Sarah Foucher
Dining Services Director	158	Cathy Cook

# The Gift of Giving



There is truly no greater joy than the gift of giving. This Christmas, our staff had the absolute pleasure of sharing holiday surprises with all of the residents. Seeing the smiles and excitement as everyone opened their presents was the highlight of the season here at Summerhill.

The staff gets to know our residents and to us, they are family. We are honored to be with them in their home for the season and it is wonderful to think of each of them and to come up with something special just for them.

We were so happy the gifts were well loved, and we feel so grateful to be a part of such a wonderful community.

# Happy New Year 2026



Rings in 2026!

A good time was had by all

# Coloring, Not Just for Kids Anymore

What used to be known as a simple, fun activity for kids is now a tool for practicing good mental health. Coloring has increased in popularity recently, especially for adults. While children's coloring books feature cartoon characters and simple designs, adult coloring books have intricate patterns of flowers, artwork, mandalas, or animals. Books are available for purchase, and you can print free coloring pages online. We do both here at Summerhill.

## Promote Mindfulness

Coloring can help you be more mindful.

*Mindfulness* is the ability to focus and stay in the moment.

For example, because you're focusing on color choice and staying inside the lines, you're only thinking about the present moment. You can shut off the noise around you, and give your mind the gift of focusing on the movements, sensations, and emotions of your present moment.

You can chat, smile, and feel happy.

## Can Relieve Stress

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

There's no right or wrong way to color. Coloring is a noncompetitive activity, so there isn't pressure to "level up," win a prize, or beat the clock. You can color for as long or as little time as you want. You don't need to finish a picture in one sitting.

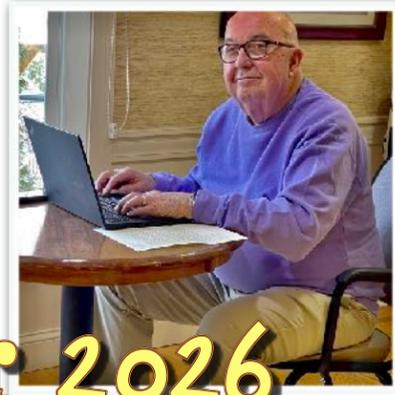
So when you see folks coloring and visiting and smiling, join in the fun. You won't be sorry.



memories, laughs, and smiles.

# Tech Support Anyone?

If you are wishing you could have a little tech support or help with your laptop, tablet, TV, or phone, we are available to help. We can schedule a time to meet in the media room or come to your room to help you out. A lot of times, we know some of you are frustrated because something doesn't seem to be working correctly. Don't feel bad, it happens to the best of us. *Call Jean or Amy at 153 and leave a message.*



# Happy New Year 2026



# And the Oscar Goes to...

## The Event

In true awards season fashion, Oscar is hitting the red carpet today for our *Resident Trivia Luncheon!* He'll be strutting his stuff and greeting the fans before the main event begins.



## The Competition

Our residents will face off in a battle of wits, identifying iconic one-liners from past *Best Picture* winners. It's going to be a nail-biter— who will take home the gold?



**The Grand Finale** Once the final scores are in, Oscar might just lead the winner in a "victory lap" around the room to celebrate.

## *The Final Trivia Answer*

**The Quote:** "My mama always said life was like a box of chocolates. You never know what you're gonna get."

**The Movie:** *Forrest Gump* (Best Picture winner, 1994)

**The Actor:** Tom Hanks

*The 2026 Oscar nominations (the 98th Academy Awards) were officially announced on Thursday, January 22, 2026.*



**Question:** In *Gone with the Wind* (1939), what does Rhett Butler say to Scarlett O'Hara  
**Answer:** "Frankly, my dear, I don't give a damn."

**Question:** What does Dorothy say in *The Wizard of Oz* (1939) upon arriving in a new place?  
**Answer:** "I've a feeling we're not in Kansas anymore."

# Remembering Our First Car



Can you remember your very first car? Can you remember the make and year? This week, the Men's Group met and the topic was cars from our past. There was no shortage of talking and sharing stories about their past vehicle adventures.

The Men's Group meets once a week on Meadows. It is important to the guys to have some *guy time*. Sometimes it might be lunch and a chat; it might cover the news or TV shows from past or present, and often it is about working on the farm or just about the way things were.

If you haven't joined this group yet, please watch the calendar and think about joining. It is truly a walk down memory lane loaded with memories of times past.

# Pies and Memories



Banana Dream Pie Yum!



Sharing Recipes from our pasts.



Did you know you can make fake snow out of hair conditioner and baking soda? And you can make snowmen inside, with no cold weather or wet boots. The residents had an indoor snow day and got to play with this fake snow.

They built mini table-top snowmen, laughed a lot, talked about the old days playing outside or their kids playing outside, and got creative.

Indoor Style



# Snowmen Making

# Banana Cream Pie

Recipes have a beautiful way of bringing back memories. Recently, Michelle volunteered to bake banana cream pie, a treat her mom used to make for her when she was a child. She wanted to share that same comfort and joy with our residents. Do you have a favorite family recipe you would like to share with us?