



Go online and follow the clicks.

Sending a HappyGram is an easy and wonderful way to connect to your loved ones and brighten up their day. Summerhill offers this so friends and families can connect to their loved ones with a quick note or picture and some happy news. Go to **HappyGram** online and with a few clicks following the directions, you can type a message to your loved one. You can upload a pic, too, if you want. The message is formatted and put into an easily read form and sent to Summerhill. Summerhill prints them off on their printer and delivers them to your family member and reads them with the resident. Lots of discussions and smiles follow.

<https://happygram.org>

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.

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.

Please consider volunteering...

by 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, or helping activity staff with an craft. It can be rewarding and it helps us offer so much more to our residents.



Thank you from all of us at Summerhill.

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

October 2026

The Inside View at Summerhill

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

Autumn

Here at Summerhill, the autumn season is filled with outdoor activities of all sorts. The staff and residents take advantage of the blue skies and sunny days that are not too hot or too cold.

Fishing, scenic drives, apple picking, and enjoying our annual classic car show are among some of our offerings.

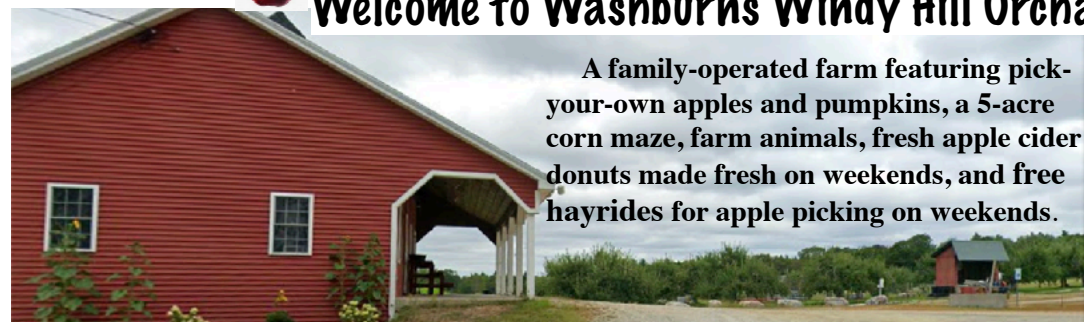
And indoor activities also bring joy whether painting, crafting, baking, or hosting the Greater Monadnock Collaborative.

The days are full and the smiles are many. This is just a peek into what we have been doing...open the pages to find out more.



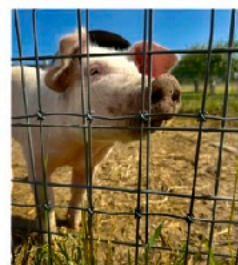


Welcome to Washburn's Windy Hill Orchard!



A family-operated farm featuring pick-your-own apples and pumpkins, a 5-acre corn maze, farm animals, fresh apple cider donuts made fresh on weekends, and free hayrides for apple picking on weekends.

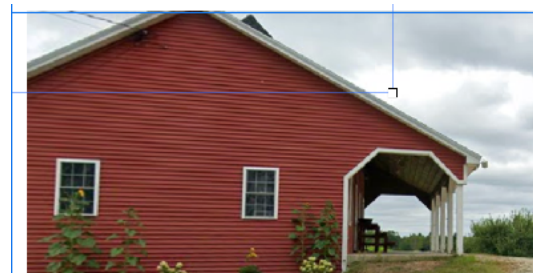
Every autumn, the Summerhill residents find themselves on a scenic ride that takes them to local farm stands and apple orchards. This year was no different. The residents headed out and ended up in Mason, NH at Washburn's Windy Hill Orchard. Getting outside and enjoying apple picking is a gentle, joyful outdoor activity that offers wonderful physical, mental, and social benefits specially suited for seniors. For some it is their first time, but for many being outside and reaching for that bright fresh apple is filled with memories and smells and brings everyone joy. Just look at the smiles.



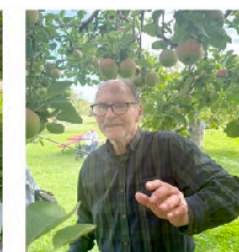
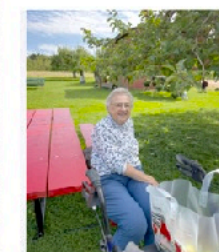
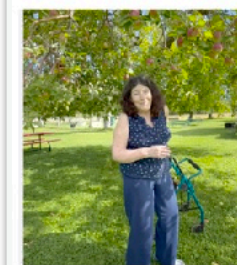
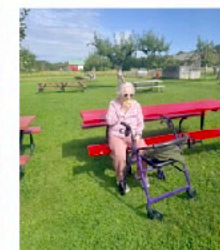
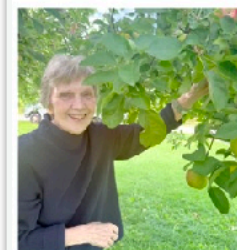
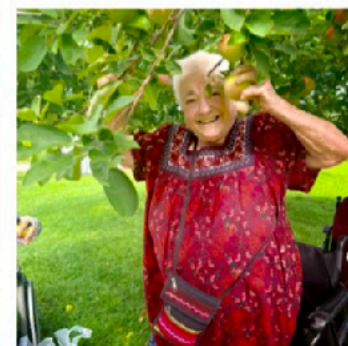
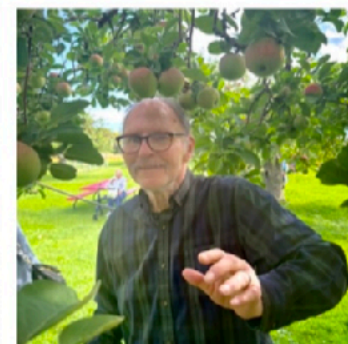
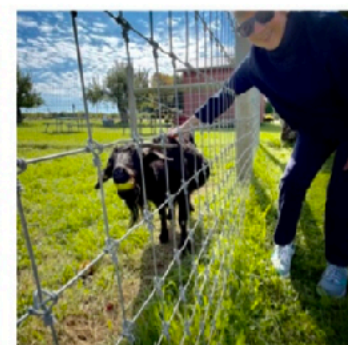
Welcome to Washburn's Windy Hill Orchard!



Another "Monadnock Region Gem" for our residents to enjoy! Thank you!



- Over 700 apple trees
- 5-acre corn maze
- Pumpkin patch field with thousands of pumpkins
- Friendly farm animals!
- Voted Best Apple Cider Donuts in New Hampshire!
- Free weekend tractor-drawn hayrides to the apple orchard
- Country gift shop and fresh seasonal bakery



Why Is Apple Picking So Special for Seniors?



Low-Impact Exercise: Walking through flat orchard rows provides safe, easy aerobic movement that counts toward daily physical activity without straining joints.

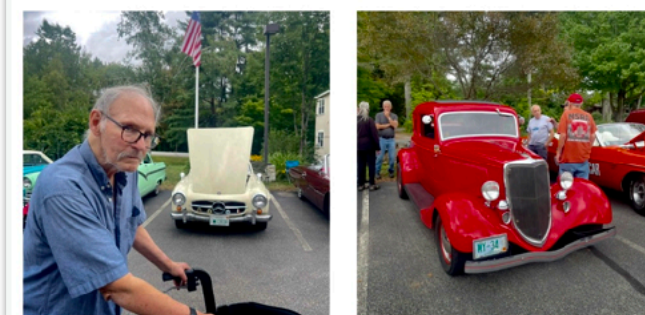


Stress Relief and Mood Boost: Fresh crisp air, natural surroundings, and quiet meditative routines help lower cortisol levels, reduce stress, and elevate overall happiness.

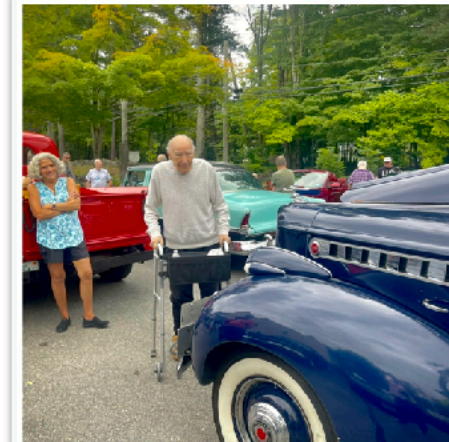
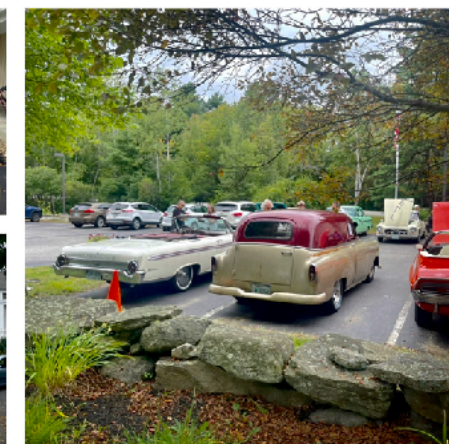


Cognitive and Sensory Joy: The bright colors of harvest, the scent of fresh cider, and the crunch of leaves offer a rich, grounding sensory experience.

It's that time of year... Classic Cars Come to Summerhill



Classic car shows offer a nostalgic, highly social, and affordable outing that is uniquely beneficial for seniors. At Summerhill each year, a classic car show is planned and it is always really well attended by our residents. The parking lot comes alive with the car owners, the residents, staff, and families. It is an upbeat time and so many interesting stories get told. First cars, colors, cost, and makes... are among the stories told.



Why Classic Car Shows Are Great for Seniors

It's Nostalgic... Seeing vintage models from the 1950s, 60s, and 70s triggers positive long-term memories for our residents. These vehicles spark vibrant storytelling and personal reflections on their youth. It is so wonderful!

It creates connections to the community... Events like this foster community engagement. The residents chat easily with proud vehicle owners and car lovers, helping to make connections and meeting new people along the way.

It gets everyone thinking... Examining restored engines, original parts, dashboards, and unique body styles encourages learning and sharing.

It's easily accessible... Venues like the Summerhill community parking lot allow seniors to walk at their own pace with plenty of resting spots. They can stay as long or as short as they like. It's a win-win!

To the classic car owners and Marti and Charlie: Thank you! Your spectacular cars not only wowed us, but also brought back wonderful, cherished memories for our residents. We can't thank you enough for sharing your passion and your beautiful vehicles with all of us!





We had a wonderful time hosting the Greater Monadnock Collaborative

Regional Chamber of Commerce breakfast. It was nice to catch up with friends and colleagues and meet some new faces as well. The pub was a great space for coffee and conversation as we discussed the future goals of the Monadnock Region. Summerhill is always happy to host and help. It is also important for us to continually learn about new and old resources that Summerhill can tap throughout the year to enrich our residents' lives. We are so fortunate to live in the beautiful Monadnock Region. It makes the entire Monadnock Region part of the lives of the Summerhill residents

The Greater Monadnock Collaborative



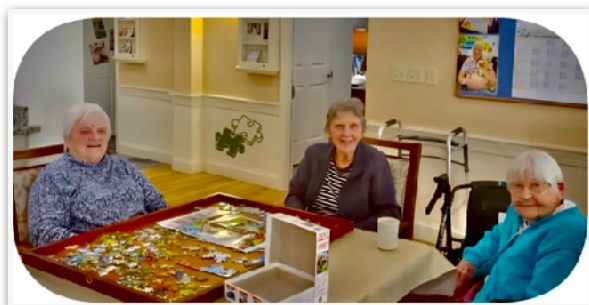
Crafting... baking... working on puzzles... there's always something happening!



At Summerhill, it is important to us to help the residents socialize but that often takes planning and focus. For example, sharing meals in the dining room is the perfect opportunity for some socialization three times a day. But we also want more for the residents... As we get older, many people start to feel lonely or isolated. Baking or sharing a recipe will often stir up positive memories and gets those participating to share stories of their own

baking or cooking in their own kitchens. Lots of good feelings come from accomplishments because whether baking, finishing a puzzle with friends, or creating cookie dough that later is baked to share.... It is time well spent!

Perfect!



It was another beautiful day with blue skies and the sun shining, so off went some of the residents to go fishing. It was one of those days when just sitting outside in the fresh air with some friends and enjoying the rippling water and peacefulness brought joy. While holding the fishing pole just waiting and hoping for a bite, fishing stories from the past were shared and everyone just wore the most perfect smiles as they rocked.

