

March 25, 2024

Dear Friends,

Sarah's Place has been blessed by the participants who attend the program, the family members who entrust the care of a loved one to us, and most certainly by the staff who are cherished members of the Sarah's Place team. It is with immense sadness that I share, beloved staff member and friend, **Joyce Nevins** passed away.

Joyce had been with Sarah's Place for 10 years and a friend to Sarah's Place years before joining our team. I speak on behalf of all the staff and participants that we are bereft without her. Her absence is profound, not only because she did everything, she drove the van, served the drinks, started the coffee, cleaned, cooked, shopped, and made deposits at the bank. She helped in every area I can think of; but that wasn't the best part of Joyce. She was LOVE! Joyce loved Sarah's Place and how we strived to help others because it echoed what she did every day. She remembered your special days, events and celebrations. She left messages on desks, on tables, in cars, on the phone to let you know she was thinking of you. Joyce leaves her daughter, son, grandson and granddaughter and many, many friends and even more individuals that she encountered every day sharing her kindness and love. We have lost an amazing friend & we will celebrate the gift that was Joyce.

I knew God had a sense of humor when I found out that Joyce's funeral will be Wednesday, April 3<sup>rd</sup>, the same day as our 24<sup>th</sup> Anniversary. But I realized this is really a gift. **We will celebrate Joyce and Sarah's Place.** On Wednesday, April 3<sup>rd</sup>, we will merge our programs together so that we can celebrate Joyce and Sarah's Place. Joyce was always willing to dance and partake in a celebration and it seems fitting that she brings us all together so we can enjoy music, get an opportunity to dance, and to reminisce about Joyce and the amazing person she was. **So join us as we celebrate Joyce and Sarah's Place turning 24 on Wednesday, April 3<sup>rd</sup> from noon to 2pm.** We will have great food, music by the Rockaholics (one of Joyce's favs), friends and fun and we will raise a glass to our dear friend Joyce. **As always, RSVP so we make sure we have enough food!**

Thank you to everyone who bought a ticket for our "**March on to Support Sarah's Place Calendar** event". We raised more than **\$4000**, thanks to everyone who bought tickets and to the many who donated back to us. We are grateful for all of you! We received lots of positive feedback about our **Facebook Live** sessions – people loved finding out who the winner was, but they really loved our jokes. Laughter is good for the soul.

April brings more than Spring Showers, it brings planting season, Earth Day and spring-time. We look forward to being outside on the patio, and weather permitting, field trips in the community.

#### REMINDERS:

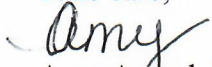
- **Celebrating the life of Joyce Nevins and our 24<sup>rd</sup> Anniversary, Wednesday, April 3<sup>rd</sup> from 12- 2 pm. Join us for friends, food, memories of Joyce and some wonderful music by the Rockaholics.**
- **Please be sure to update the Nurse about any and all changes in Medications or any trips to the Doctor's Office or Emergency Room. The more info we have, the better we can care for you!**

#### CAREGIVERS

Remember you are the MVP (most valuable person) to your loved one – take care of you!

- **Our Monthly Support Group will be 11 am Wednesday, April 10<sup>th</sup> – the 2<sup>nd</sup> Wednesday** – this month only on the 7<sup>th</sup> floor of Mission Towers. Our evening meeting will be April 17<sup>th</sup> at 5 pm at SP Too.
- Age Span is a wonderful resource for information and options and they have a list of area support groups, they can be reached at 978.683.7747 or toll free at 800.892.0890

Take care,



Amy Anwyl, MSW  
Executive Director

*Founding Organizations*

*Bethany Community Services*

*Penacook Place*

*Haverhill YMCA*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Honey ginger Salmon 1</b> <b>Roast Potato/mix veg</b> <b>Whole Wheat Roll</b> <b><u>Grapenut pudding</u></b> <b>Snack: PB &amp; crackers</b>	<b>Ravioli 2</b> <b>Salad</b> <b>Broccoli</b> <b>Jello</b> <b>Snack: Hummus &amp; Pita</b>	<b>Roast Turkey &amp; gravy 3</b> <b>Mashed Potato</b> <b>Carrots/WG roll</b> <b>Anniversary Cake</b> <b>Snack: Yogurt &amp; Fruit</b>	<b>Pizza Day 4</b> <b>Spinach Salad</b> <b>SP Fries</b> <b>Fruit Cocktail</b> <b>Snack: Bananas/yogurt</b>	<b>Stir Fry Chicken 5</b> <b>Rice &amp; veggies/roll</b> <b>Pudding</b> <b>Snack: Cracker/cheese</b>
<b>Meatloaf 8</b> <b>Mashed Potato</b> <b>Green beans/WG roll</b> <b>Fruit Cocktail</b> <b>Snack: WG Gold Fish</b>	<b>Home Opener Hot Dog 9</b> <b>Sweet Potato Fries</b> <b>Baked Beans</b> <b>Ice Cream</b> <b>Snack: Pudding &amp; fruit</b>	<b>Beef Stew 10</b> <b>Potato/carrot/turnip</b> <b>Garlic Bread</b> <b><u>Apple Crisp</u></b> <b>Snack: Yogurt</b>	<b>Submarine Day 11</b> <b>Potato Chips</b> <b>Spinach Salad w/fruit</b> <b>Jello</b> <b>Snack: Hummus/pita</b>	<b>Grilled Cheese Day 12</b> <b>Soup/Salad</b> <b>Fresh Fruit</b> <b>Snack: Apples &amp; PB</b>
<b>American Chop Suey 15</b> <b>Salad/Broccoli</b> <b>Fruit Cocktail</b> <b>Snack: Fruit &amp; crackers</b>	<b>Baked Ham 16</b> <b>Garlic Mashed Potato</b> <b>Carrots / WW Roll</b> <b>Peaches</b> <b>Snack: hummus/cracker</b>	<b>French Toast 17</b> <b>Ham/hash browns</b> <b>Fresh Fruit cup</b> <b>Snack: Grahams &amp; fruit</b>	<b>Baked Haddock 18</b> <b>Rice Pilaf</b> <b>Cole Slaw WG Roll</b> <b>Ice Cream</b> <b>Snack: Clementines</b>	<b>Baked Stuffed Chicken 19</b> <b>Breast w/gravy</b> <b>Mashed Pot/Grn Beans</b> <b><u>Cookies</u></b> <b>Snack: String Cheese</b>
<b>Meatball Subs 22</b> <b>Tater Tots</b> <b>Spinach Salad</b> <b>Fruit Cocktail</b> <b>Snack: Goldfish &amp; Fruit</b>	<b>23</b> <b>Chicken Parm w/penne</b> <b>Salad/green beans</b> <b>Peaches</b> <b>Snack: Fruit &amp; crackers</b>	<b>Meatloaf 24</b> <b>Mashed Potato</b> <b>Carrots/WG roll</b> <b>Pears</b> <b>Snack: Hummus &amp; pita</b>	<b>Chicken Ziti 25</b> <b>&amp; Broccoli</b> <b>Salad</b> <b><u>Pudding Pie</u></b> <b>Snack: String cheese</b> <b>&amp; clementines</b>	<b>Cheeseburgers 26</b> <b>Tots</b> <b>Lettuce/Tomato</b> <b>Jello</b> <b>Snack: PB &amp; crackers</b>
<b>Roast Pork 29</b> <b>Mashed Potato</b> <b>Carrots/WG roll</b> <b>Pudding</b> <b>Snack: Hummus &amp; Pita</b>	<b>Spaghetti &amp; Meatballs 30</b> <b>Spinach Salad</b> <b>Broccoli</b> <b>Jello</b> <b>Snack: Yogurt/fruit</b>	<div data-bbox="856 1230 1986 1503" data-label="Complex-Block">  <p style="text-align: center;"><b>Sarah's Place Menu</b> <b>April 2024</b></p> <p style="text-align: center;">Milk is offered at all meals and snack times. Breakfast Menu: Milk Juice, coffee and a choice of toast, English muffin, cereal, raisin toast, fruit, cottage cheese or oatmeal</p> </div>		

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>10 Floor Darts / <b>Cooking</b>  11 <b>Duane Sullivan</b>  1:30 Chair Exercise  2p Skeeball / Dice  3p Fishing Game</p>	<p><b>2</b></p> <p>10 Craft  11 Spring Hangman  1:30 Moving to Music  2p Floor Darts  3p Question Ball</p>	<p><b>3</b></p> <p><b>Happy Anniversary!</b>  10 Horseshoes  11 Word Games  12-2p <b>24th Anniversary Party w/ Rockaholic's</b>  2p  3p Dice Game / Chit Chat</p>	<p><b>4</b></p> <p><b>Pizza Day</b>  10 Spring Craft &amp; Trivia  11 Pizza game/  1:30 Chair exercise w/ Sherry  2p Table Games  3p Reminiscing</p>	<p><b>5</b></p> <p>10 Bingo  11 Hangman  1:30 Chair Exercise w/ Sherry  2p Beads / Art  3p Table Dice</p>
<p><b>8</b></p> <p>10 Chicken Toss/ Bean Bag  11 Trivia / Hangman  1:30 Exercise w/ Sherry  2p Monster Darts  3p Headbands</p>	<p><b>9</b></p> <p><b>Wear Red Sox Attire</b>  10 Veggie Toss / Horseshoes  11 Red Sox Trivia  1:30 Exercise Class  2-4p Red Sox Opening Day Game/ Board Games</p>	<p><b>10</b></p> <p>10 Craft/ Hangman  11 Jumbles / <b>Cooking</b>  1:30 Fitness Bands  2p Trampoline Ball  3p Chit Chat</p>	<p><b>11</b></p> <p>10 Bingo  11 Word Games  1:30 Chair Exercise  2p Table Games /Table Weaving  3p Zoom In's</p>	<p><b>12</b></p> <p>10 Skeeball  11 <b>Dove &amp; Suzi Songbirds</b>  1:30 Exercise Bands  2p Table Games  3p Letter Game</p>
<p><b>15</b></p> <p><b>Patriot's Day</b>  10 Baseball Game /Table Games/ Marathon  11 Word Games  1:30 Moving to Music  2p Table Dice  3p Reminiscing</p>	<p><b>16</b></p> <p>10 Floor Darts / Bean Bag  11 <b>Music w/Ken Brierley</b>  1:30 Fitness Bands  2p Trampoline Ball  3p Letter Dice</p>	<p><b>17</b></p> <p>10 Monster Darts / Ring Toss  11 Rebus Puzzles  1:30 Chair Exercise  2p Bingo  3 Card Games</p>	<p><b>18</b></p> <p>10 Craft  11 Chicken Toss / Making Words  1:30 Weight Training  2p Bowling / Skeeball  3p Fishing / Zoom In's</p>	<p><b>19</b></p> <p>10 Horseshoes / Ringer or <b>Cooking</b>  11 Bowling / Jumbles  1:30 Chair Exercise  2p Spring Dice Game  3 The Name Game</p>
<p><b>22</b></p> <p>10 Ring Toss / Floor Darts  11 Hangman / Trivia  1:30 Chair Exercise w/ Sherry  2p Table Games  3p Letter Dice</p>	<p><b>23</b></p> <p>10 Bingo / Word Search  11 Rebus / Hangman  1:30 Chair Exercise w/ Sherry  2p Flying Chickens  3p Table Weaving</p>	<p><b>24</b></p> <p><b>10 Musical Bingo w/ Ray and Jan</b>  11 Word Games  1:30 Fitness Bands  2p Letter Dice  3p The Name Game</p>	<p><b>25</b></p> <p>10 Baseball / Floor Darts  11 The Name Game / <b>Cooking</b>  1:30 Exercise  2p Spring Bean Bag  3p What's in the Hat ???</p>	<p><b>26</b></p> <p>10 Craft ( Sand Art )  11 Spring Bean Bag  1:30 Weight Training  2p Monster Darts  3p Headbands</p>
<p><b>29</b></p> <p><b>International Dance Day</b>  10 Bingo  11 Dance Dance Dance!!!  1:30 Fitness Bands  2p Beads / Art  3p Question Ball</p>	<p><b>30</b></p> <p>10 Craft  11 Bowling / Trivia  1:30 Chair Exercise  2p Beads / Art  3p Headbands</p>	<p style="text-align: center;"><b>Sarah's Place Adult Day Health Center</b></p> <p style="text-align: center;"><b>April 2024</b></p> <p style="text-align: center;">Activity Sponsor: <b>Fantini Bakery</b></p>		



Monday	Tuesday	Wednesday	Thursday	Friday
<b>April Fools Day!</b> 1 10 <b>Duane Sullivan</b> 11 April Fool's Day Jokes or <b>Cooking</b> 1:30 Chair Exercise 2 Spring Dice 3 Fishing Game	2 10 Craft w/Kathy 11 Solo Cup Stacking 1:30 Moving to Music 2p Floor Darts 3p Question Ball	3 10 Skeeball 11 Rebus Puzzles 1:30 Exercise 2 Dice Game (21) 3p Animal Head Bands	<b>Pizza Day</b> 4 10 Pizza Game 11 Trivia (Pizza) 1:30 <b>Chair exercise w/ Sherry</b> 2 Kings in Corner/Puzzles 3p Reminiscing	5 10 Bingo 11 Hangman 1:30 Exercise Bands 2p Beads / Art 3p Table Dice
8 10 Chicken Toss/ Bean Bag 11 Red Sox Trivia 1:30 Exercise w/ Sherry 2p Monster Darts 3p Headband	<b>Wear Red Sox Attire</b> 9 10 Craft w /Kathy 11 <b>Dove and Suzie</b> 1:30 Exercise Class 2 Red Sox Game 3p The Name Game	10 10 Bocce/Ring Toss/ <b>Cooking</b> 11 Jumbles / Hangman 1:30 Fitness Bands 2p Trampoline Ball 3p Chit Chat	11 10 Bingo 11 Word Games 1:30 Chair Exercise 2 Had Bands/Table Weaving 3p Zoom In's	12 10 Sunflower Toss 11 Flower Trivia 1:30 Exercise Bands 2 Table Games 3 Letter Game
<b>Patriot's Day</b> 15 10 Craft w/Kathy Marathon 11 Baseball Game 1:30 Moving to Music 2p Puzzles/Patriots Trivia 3p Reminiscing	16 10 Floor Darts /Bean Bag 11 Letter Dice 1:30 Fitness Bands 2p Basketball/Golfing 3p Letter Dice	<b>10 Musical Bingo w/ Ray and Jan</b> 17 11 Rebus Puzzles 1:30 Chair Exercise 2p Bingo/Word Search 3 Card Games	18 10 Charade Ball 11 <b>Music:Kenny Brierley</b> 1:30 Weight Training 2p Bowling/Ball Bounce 3p Fishing / Zoom In's	19 10 Manicure's/Beads or <b>Cooking</b> 11 Bowling /Jumbles 1:30 Chair Exercise 2 Spring Dice Game 3 The Name Game
22 10 Bingo 11 Hangman / Trivia 1:30 Chair Exercise w/ Sherry 2p Spring Bean Bag Toss 3p I Spy/Name 5 things	23 10 Craft w/Kathy 11 Rebus / Hangman 1:30 Chair Exercise/w Sherry 2p LRC/UNO 3p Table Weaving	24 10 Horseshoes/Art 11 <b>Rockaholics</b> 1:30 Fitness Bands 2p Zoom ins/Trivia 3p The Name Game	25 10 Rubber Ring Toss 11 Question Ball / <b>Cooking</b> 1:30 Exercise 2 Race to 11 – (Dice) 3 What's in the Hat ???	26 10 Craft – Sand Art 11 Spring Bean Bag 1:30 Weight Training 2 Monster Darts 3 Headbands
<b>International Dance Day</b> 29 10 Craft w/Kathy 11 Dance Dance Dance!!! 1:30 Fitness Bands 2p Beads / Art 3p Question Ball	30 10 Bingo 11 Bowling / Trivia 1:30 Chair Exercise 2p Beads /Art 3p Headbands	 <p>Sarah's Place Too</p> <h1>April 2024</h1> <p>Activity Sponsor: <b>Fantini Bakery</b></p> 		

Sarah's Place Adult Day Health [www.sarahsplace.org](http://www.sarahsplace.org)  
Phone: 978.374.2175 Fax: 978.373.4369 Original / 978.478.0060 SP Too

Amy Anwyl, Executive Director [amy@sarahsplace.org](mailto:amy@sarahsplace.org)

Heidi Rine, Program Director:

[heidi@sarahsplace.org](mailto:heidi@sarahsplace.org)

Robin Dowd, Program Nurse:

[robin@sarahsplace.org](mailto:robin@sarahsplace.org)

Laura Lachapelle, Activities Director:

[laura@sarahsplace.org](mailto:laura@sarahsplace.org)

Rich Brodbeck, Social Worker:

[rich@sarahsplace.org](mailto:rich@sarahsplace.org)

Kim Westbrook, Program Nurse:

[kim@sarahsplace.org](mailto:kim@sarahsplace.org)

Kathy Pothier, Program Nurse:

[kathy@sarahsplace.org](mailto:kathy@sarahsplace.org)

Lynn Sullivan, Program Nurse:

[lynn@sarahsplace.org](mailto:lynn@sarahsplace.org)

Kelley McIntire, Activities Director:

[kelley@sarahsplace.org](mailto:kelley@sarahsplace.org)

**Sarah's Place Celebrates the Life of [Joyce Nevins](#)  
and Sarah's Place 24<sup>th</sup> Anniversary**

**Wednesday, April 3<sup>rd</sup> 12-2pm**

**Food, friends, music and memories! RSVP so we know you are coming!**

**To care for someone else, you must care for yourself.**

**A support group provides an opportunity for you to share your thoughts, receive support and recommendations in a supportive environment.**

**Join us [Wednesday, April 10<sup>th</sup> from 11 -12](#)  
[on the 7<sup>th</sup> floor of the Mission Towers building.](#)**

**Sarah's Place Adult Day Health  
180 Water Street  
Haverhill, MA 01830**

**Founding Organizations**

**Bethany Community Service**

**Penacook Place**

**Haverhill YMCA**