



180 Water Street
Haverhill, MA 01830
978.374.2175 Fax 978.373.4369
www.sarahsplace.org

July 28, 2023

Dear Friends:

Summer is flying by and boy has it been a hot one! Keep drinking your water. It helps us keep cool, keep our bodies and minds working. Don't wait til you feel thirsty – 6-8 glasses a day to keep you happy & hydrated.

Sarah's Place Too, our second location, celebrates our 13th Anniversary on Monday, August 28th. Thirteen years – aren't we lucky! **We will hold a Fiesta Celebration on Monday, August 28th from 12-2** with some cool music from the **Rockaholics** and a fiesta meal. **Please RSVP with Kelley or Kim if you can join us!**

Speaking of good times, we continue to visit area restaurants. If you are interested in going out, please bring in \$25 and our Activities Directors, Kelley and Laura, will put you on the list to go to one of our area restaurants.

We are so very fortunate that so many of you share your good experiences with others. Your kind words, your recommendations to family and friends, all translate to referrals and admissions. Thank you! If I had a dollar for every positive comment we have received over the years, Sarah's Place would never have to fundraise again! However, to ensure we are here today and all the tomorrows, we will continue to fundraise. We're grateful for your support. Here are opportunities for you to support Sarah's Place.

- Our biggest fundraiser: **22nd Annual Golf Tournament, Friday, September 22, 2023** at Bradford Country Club. **Benchmark Senior Living is our Tournament Sponsor.** Play a round, donate a gift, or sponsor a hole & make a BIG difference here at Sarah's Place – **thank you!** Visit our website www.sarahsplace.org and click on the events page and see both of our fall events.
- **The Barker Family Halfway to St. Patrick's Day event will be held Sunday October 1st** in memory of **Joe Barker.** This too will be held at Bradford Country Club. Tickets are \$40. We will have traditional Irish Music, Irish Step Dancers and with great music, food, venue and lots of raffles, all we need is you!
- **Raffle Tickets for \$10** for a chance to win some cash prizes of **\$1000/500/250/150/100.** The drawing will be held as part of the ½ way to St. Patrick's Day on Oct. 2nd. Ask Amy/Heidi or Kim for info. Good luck!

CAREGIVERS

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

- **Sarah's Place hasn't offered a support group since COVID – please let me know if you are interested in attending one at Sarah's Place. For planning purposes, it would be held on a weekday at 5pm.**
- **Age Span** is a wonderful resource for information and options, reached them at **978.683.7747** or toll free at **800.892.0890**

REMINDERS:

- **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 care for you!**

Take care of yourselves,


Amy Anwyll, MSW
Executive Director


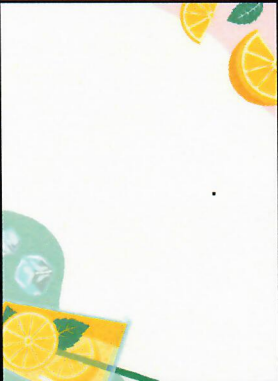
Founding Organizations

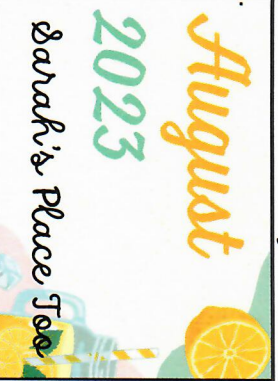
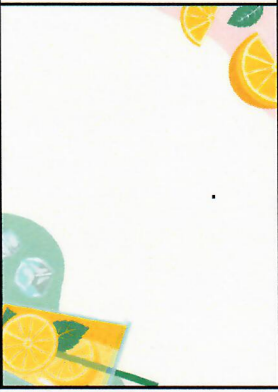
Bethany Community Services

Penacook Place

Haverhill YMCA

Monday	Tuesday	Wednesday	Thursday	Friday
				
Tuna Sandwich SP Fries/Salad Homemade Dessert Snack: PB & Apples	Chicken Ziti Broccoli Salad Jello Pie Snack: Gold Fish	Baked Ham Garlic Mashed Potato Carrots/WG roll Pineapple Snack: PB & crackers	Roast Beef Potato/Carrots Bread Ice Cream Snack: Apples	French Toast Ham/Hash Browns Fresh Fruit Snack: Hummus & Pita
7 Meatloaf Potato/Carrots Corn bread Mandarin Oranges Snack: Oranges	8 Roast Turkey Potato/cranberry sauce Carrots/bread Fruit Cocktail Snack: Gold Fish	9 Turkey Pot Pie Carrots/peas/potato Slice of bread Mixed green Salad Cookies Snack: Cheese Stix	10 American Chop Suey Mixed Greens Salad Broccoli Watermelon Snack: Graham Crackers	11 Cheeseburgers on roll Lettuce/Tomato/Onion SP Fries Watermelon slice Snack: PB & crackers
14 Baked Chicken w/stuffing Garlic Mashed Potato Carrots Pudding Snack: Chz & crackers	15 Roast Pork Potato/Carrots Applesauce/Cornbread Jello Snack: PB & Crackers	16 Pork Pot Pie Carrots/peas/potato Slice of bread Mixed green Salad Cookies Snack: Cheese Stix	17 Baked Haddock SP Fries Coleslaw/WG Bread Jello Snack: Cornbread	18 Meatball Sub Mixed Greens Salad Potato Salad Mandarin Oranges Snack: Grahams & PB
21 Tuna Sandwich Roll What cha got Soup/Salad Ice Cream Snack: Graham Crackers	22 American Chop Suey Mixed Greens Salad Broccoli Watermelon Snack: Graham Crackers	23 Chicken Cordon Bleu Wild Rice Mixed Greens Pudding Snack: Cheez Stix	24 Spaghetti & MB Carrots/Salad Garlic Bread Jello Pie Snack: PB n crackers	25 Roasted Pork Rice and beans Mixed Greens Cake Snack: Fruit n Crackers
28 Chicken Salad Roll Mixed Greens Salad Soup Peaches Snack: Cheesy Bread	29 Stuffed Shells Mixed Greens Salad Broccoli/Garlic Bread Fruit Cocktail Snack: Yogurt	30 Spaghetti & MB Carrots/Salad Garlic Bread Jello Pie Snack: PB n crackers	31 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 and cottage cheese or oatmeal.	

Monday	Tuesday	Wednesday	Thursday	Friday
	10 Bingo 11 Bowling / Cooking 1:30 Chair Exercise 2p Table Games 3p Cards	10 Craft 11 Word Games / Trivia 1:30 Fitness Bands 2p Ring Toss 3p Concentration	10 Chicken Toss 11 Men's group w/ Rich 1:30 Moving to Music 2p Art w/ Gail 3p Zoom In's	10 Floor Darts 11 Letter Dice 1:30 Weight Training 2p Bowling / Baseball 3p Conversation Ball
7 10 Veggie Toss / Darts 11 Trivia / Men's group w/ Rich / Cooking 1:30 Exercise 2p Yellow Brick Road 3p Chit Chat	8 10 Craft 11 Monster Darts 1:30 Moving to Music 2p Horseshoes 3p Zoom In's	9 10 Art w/ Gail 11 Ring Toss / Bean Bag 1:30 Exercise 2p Letter Dice 3p Conversation Ball	10 10 Bingo 11 Trivia / Hangman 1:30 Moving to Music 2p Flying Chickens 3p Cards	11 10 Trampoline Ball 11 Songbirds Dove & Suzi 1:30 Fitness Bands 2p Patio Fun w/ Cutie 3p Headbands
14 10 Ringer / Horseshoes 11 Hangman / Trivia 1:30 Chair Exercise 2p Letter Dice 3p Question Ball	15 10 Monster Darts 11 Veggie Toss 1:30 Fitness Bands 2p Trampoline Ball 3p Headbands	16 10 Bingo / Books 11 Men's group w/ Rich / Word Games / Cooking 1:30 Exercise 2p Chicken Toss 3p Reminiscing	17 10 Art w/ Gail 11 Family Feud 1:30 Chair Exercise 2p Yellow Brick Road 3p Would you Rather! Cutie 3p Zoom In's	18 10 Craft 11 Target Practice 1:30 Moving to Music 2p Table Games / Visit w/ Cutie 3p Zoom In's
21 10 Target Practice 11 Word Games 1:30 Moving to Music 2p Table Games 3p What's in the Hat !	22 10 Skeeball / Ringer 11 The Rockaholic's 1 Weight Training 2p Horseshoes 3p What's the Object?	23 10 Art w/ Gail 11 Making Words 1:30 Exercise 2p Table Games 3p Headbands	24 10 Craft 11 Men's group w/ Rich 1:30 Exercise Bands 2p Beads/ Coloring 3p Chit Chat	25 10 Bingo / Books 11 Trampoline Ball/ Cooking 1:30 Chair Exercise 2p Family Feud / Visit w/ Cutie 3p Smelling Game
28 10 Flying Chickens 11 Cooking Men's group w/ Rich / Trivia 1:30 Exercise 2p Table Games 3p Reminiscing	29 10 Horseshoes 11 Trampoline Ball 1:30 Chair Exercise 2p Sing a long on the patio 3p Cards	30 10 Craft 11 Pizza Game / Chicken Toss 1:30 Fitness Bands 2p Fun on the Patio 3p What's in the Hat !	31 10 Bingo Books 11 Veggie Toss/ Cooking 1:30 Exercise 2p Bowling 3p Jokes	

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Cooking/Bowling 11 Spy/Family Feud 1:30 Chair Exercise 2p Table Games 3p Dominos/</p>	<p>2 10 Bingo 11 hangman/Visit Cutie 1:30 Fitness Bands 2p Ring Toss 3p Concentration</p>	<p>3 10 Art w/Gail/ Skeeball 11Head Bands 1:30 Moving to Music 2 Head Bands 3p Zoom In's</p>	<p>4 10 Flower Toss 11Flower Trivia/Jumbles 1:30 Weight Training 2p Bowling/Table Games 3p Conversation Ball</p>
<p>7 10 Darts/Men's Group 11Crossword/ Cooking 1:30 Exercise 2 Basketball/Games 3 Chit Chat</p>	<p>8 10 Craft w/Kathy 11 Monster Darts 1:30 Moving to Music 2p Pizza Game/Puzzles 3p Zoom In's</p>	<p>9 10 Ring toss/Basketball 11 Cute Visit/Chicken Toss 1:30 Exercise 2 Art w/Gail/ Word Ball 3 Table Games</p>	<p>10 10 Bingo/Artwork 11 Trivia / Hangman 1:30 Moving to Music 2p Volleyball/Dice Game 3 What's in the Bag</p>	<p>11 10 Ball Bounce/Art 11 Favorite TV Show's 1:30 Fitness Bands 2 Patio Trivia/Games 3 Headbands</p>
<p>14 10 Craft w/Kathy 11 Hangman / Trivia 1:30 Chair Exercise 2p Letter Dice 3p Question Ball</p>	<p>15 10 Bingo 11 Rebus puzzles 1:30 Fitness Bands 2p Table Games/Uno 3p Yahtzee</p>	<p>16 10 Men's Group/Cooking 11Cutie/Golf w/Kelley 1:30 Exercise 2 Letter Dice/Cards 3 Reminiscing</p>	<p>17 10 Dove and Suzie 11 Family Feud 1:30 Chair Exercise 2p Art w/Gail/45's 3p Would you Rather!</p>	<p>18 10 Bingo 11 60's Music: Trivia 1:30 Moving to Music 2 Egg Crate Challenge 3 Zoom In's</p>
<p>21 10 Monster darts 11 Wheel of Fortune 1:30 Moving to Music 2p Butterfly Game 3p What's in the Hat!</p>	<p>22 10Craft w/Kathy 11Sanwich Stacking. 1 Weight Training 2p Rubber Ring Toss 3p Race to 100</p>	<p>23 10 Rubber Ring toss 11 Cute/ 1:30 Exercise 2p Art w/Gail/Boggle 3p Headbands</p>	<p>24 10 Skeeball/Men's Group 11 Coloring/Beads 1:30 Exercise Bands 2 Stack cup challenge 3 Chit Chat</p>	<p>25 10 Trampoline ball 11 Headbands/ Cooking 1:30 Chair Exercise 2 Family Feud/Dice Game 3 Smelling Game</p>
<p>28 Anniversary Party 10 Bingo/Cooking 11 Hangman/Puzzles 12 Party On! 2p Table Games 3p Reminiscing</p>	<p>29 10 Craft w/Kelley 11 Rebus Puzzles 1:30 Chair Exercise 2p Sing a long on the patio 3p Cards</p>	<p>30 10 Charade Ball 11 Visit with Cutie/Puzzles 1:30 Fitness Bands 2 Crossword on the Patio 3 Name that tv show</p>	<p>31 10 Bingo Books 11 Word search/Cooking 1:30 Exercise 2p Bowling 3p Jokes</p>	

Sarah's Place Adult Day Health www.sarahsplace.org

Phone: 978.374.2175 Fax: 978.373.4369

Amy Anwyl, Executive Director amy@sarahsplace.org

Heidi Rine, Program Director:

heidi@sarahsplace.org

Robin Dowd, Program Nurse:

robin@sarahsplace.org

Laura Lachapelle, Activities Director:

laura@sarahsplace.org

Rich Brodbeck, Social Worker:

rich@sarahsplace.org

Kim Westbrook, Program Nurse:

kim@sarahsplace.org

Kathy Pothier, Program Nurse:

kathy@sarahsplace.org

Lynn Sullivan, Program Nurse:

lynn@sarahsplace.org

Kelley McIntire, Activities Director:

kelley@sarahsplace.org

Sarah's Place Too turns 13! Celebrate August 28th 12-2 pm with us.

Save the Dates:

Friday, September 22nd

Sarah's Place 22nd Annual Golf Tournament

Sunday October 1st

Barker Family Halfway to St. Patrick's Day Fundraiser,

**Sarah's Place Adult Day Health
180 Water Street
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