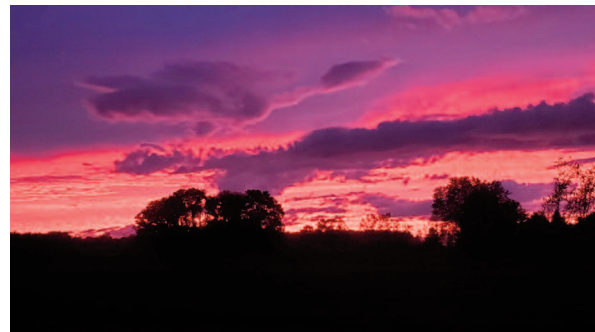



# THE RESIDENCE at Quarry Hill

## Here's to Hoping in 2021

Our hopes are coming true! We will be introducing you to our new management team members, Executive Director Sara Faucher, Resident Care Director Kristin Sogluizzo and Business Director Elaine Brand. Our hopes to have a full leadership team at Quarry Hill are panning out. How great we will become with full leadership after this year of our nation's struggle with employment challenges. Every sector has struggled, but health care in particular has faced difficulties. There was no shutdown period for health care; many chose

to leave the field to avoid contact with Covid or had to leave to accommodate family needs. This precipitated long hours for those who stayed in the field, and due to our commitment to helping others many health care providers resisted moving jobs to help facilitate continuity and dispel fear. But as the threat begins to lift we are finally seeing some light at the end of the tunnel.



*Light at the end of the tunnel.*

## Words to Live By

*What carries us into living freedom is the holding of appreciation... we need never waver with our gratitude and appreciation.*

Developing habits of gratitude and appreciation takes effort. As a culture we are taught to protect ourselves from joy for fear of disappointment or loss.

Disappointment is not something that we can effectively protect ourselves from as we cannot predict the future. This defensive posture robs us of time we could be basking in an appreciation for those things we are grateful for. A study found that 95% of parents, when gazing at their sleeping child, will experience a flash of some traumatic event that could befall them. These are the ingrained habits that we must break to truly experience freedom. We break those habits by first identifying them in ourselves, then forcing our minds away from the fears of the future and back into the gratitude of the moment we are living.



*Still Life Study by Liz Lemieux*

## The Value of Art at Quarry Hill



*Janet Waldman holds one of her pieces. Check out art throughout the newsletter.*

I chatted with Kerry Dunkling, who heads up the arts program at Quarry Hill, and asked her about the value of art in an assisted living facility. Kerry sees many benefits to art, especially for senior citizens. "Seniors benefit from doing art," she said. "It's good for motor skills and socializing. You forget about time. Problems fall away. You get

into creative space. The work they do is incredible." Kerry also commented on the cognitive benefit of art. "I think it's a medium that lends itself to self-expression." Kerry has other goals for the art program at Quarry Hill. She'd like to take her students to art galleries. "I would love to incorporate galleries, to discuss what we see. It's part of appreciating art." Residents at Quarry Hill commented on the benefits of having art in the community. Dot Morrell said, "I enjoy art because it gives a different perspective on how people see things. If some one takes me to an art museum, I wander down the hall and wonder what was in the artist's mind." Liz Lemieux had similar thoughts. "Art allows people to try something different," she said. "They can express themselves in a positive way. It also allows people to explore the social aspects of sharing ideas. It's also a way of letting people appreciate other's people's paintings and seeing what can be done." Janet Waldman finds art calming. "In this day and age when everything is so stressful I find it to be a great source of relaxation," she said. Irwin Pensack said, "Art is important because you begin to appreciate nature and the things around you. It's a process of the unconscious making its way onto a piece of paper, a canvas. It's special and individual. It's appreciated by many who see it," he said. - John Boffa

### THE RESIDENCE AT QUARRY HILL *Associates*

**Sara Faucher**  
*Executive Director*

**Alicia Fleming**  
*Marketing & Sales Director*

**Elaine Brand**  
*Business Office Director*

**Kristin Sogluizzo**  
*Resident Care Director*

**Tanya Seeley**  
*Reflections Director*

**Sally Litchfield**  
*Resident Engagement Director*

**Arnd Sievers**  
*Culinary Director*

**Ashley DeForge**  
*Executive Chef*

**Justin Fisher**  
*Maintenance Director*



**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

**31 OCTOBER**

- 11:00 Catholic Service
- 11:00 Barre & Balance Class
- 12:00 Congregational Service
- 1:00 Unitarian Service
- 2:00 Halloween Decoration Parade
- 3:00 Tai Chi
- 3:30 Wii Bowling Team I
- 6:30 Ghost Stories



**1**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Knitting Grp
- 10:30 Betsy Read
- 1:00 Sing Along
- 1:00 Baking With Jason
- 2:00 EEE Lecture
- 3:00 Yoga Style Stretch
- 3:30 Gentleman's Chat & Sip
- 6:30 Movie Night Drama

**2**

- 10:00 Resident Coffee Hour
- 10:45 Rosary Circle
- 11:00 Barre & Balance Class
- 1:00 Music Composition
- 2:00 Shabbat Service
- 2:00 Balloon Volleyball
- 3:00 Nature Walk
- 3:30 The BYOD Society
- 6:30 Saturday Movie Night

**3**

- 11:00 Catholic Service
- 11:00 Barre & Balance Class
- 12:00 Congregational Service
- 1:00 Unitarian Service
- 2:00 Nature Show
- 3:00 Tai Chi
- 3:30 Wii Bowling Team I
- 6:30 Travel with Rick Steves

**4 Fresh Fruit Bingo**

- 10:00 Morning Stretch Group
- 10:30 Art Skills with Kerry
- 1:00 Fruit Bingo
- 2:00 Music & Memories
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Geoguessr

**5**

- 8:45 Grocery Trip
- 10:00 Tai Chi
- 10:30 Craft Time with Kerry
- 1:00 Mahjong Games Hour
- 2:00 Hospitality Committee
- 3:00 Yoga Style Stretch
- 3:30 Meditation
- 6:30 Netflix Docuseries - Great British Castles

**6 Drumming Circle**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Floral Design
- 1:00 Rummikub
- 2:00 Drumming Circle
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team I
- 6:30 Group Crossword

**7 Shelburne Museum**

- 10:00 Tai Chi
- 10:30 Scenic Trip - Shelburne Museum
- 1:00 Game Hour
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Netflix Series - The Crown

**8**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Knitting Grp
- 10:30 Betsy Read
- 1:00 Sing Along
- 1:00 Baking With Jason
- 2:00 EEE Lecture
- 3:00 Yoga Style Stretch
- 3:30 Gentleman's Chat & Sip
- 6:30 Movie Night Action

**9**

- 10:00 Resident Coffee Hour
- 10:45 Rosary Circle
- 11:00 Barre & Balance Class
- 1:00 Music Composition
- 2:00 Shabbat Service
- 2:00 Balloon Volleyball
- 3:00 Nature Walk
- 3:30 The BYOD Society
- 6:30 Saturday Movie Night

**10**

- 11:00 Catholic Service
- 11:00 Barre & Balance Class
- 12:00 Congregational Service
- 1:00 Unitarian Service
- 2:00 Nature Show
- 3:00 Tai Chi
- 3:30 Wii Bowling Team I
- 6:30 Travel with Rick Steves

**11**

- 10:00 Morning Stretch Group
- 10:30 Art Skills with Kerry
- 1:00 Bingo
- 2:00 Music & Memories
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Geoguessr

**12**

- 8:45 Grocery Trip
- 10:00 Tai Chi
- 10:30 Craft Time with Kerry
- 1:00 Mahjong Games Hour
- 2:00 Chef's Hour
- 3:00 Yoga Style Stretch
- 3:30 Meditation
- 6:30 Netflix Docuseries - Great British Castles

**13 Walkers Party**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Floral Design
- 1:00 Rummikub
- 2:00 Walkers Arrive
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team I
- 6:30 Group Crossword

**14 Eric George & Pumpkins**

- 10:00 Tai Chi
- 10:30 Scenic Trip - Pumpkin Picking
- 1:00 Game Hour
- 2:00 Eric George Performs
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Netflix Series - The Crown

**15**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Knitting Grp
- 10:30 Betsy Read
- 1:00 Sing Along
- 1:00 Baking With Jason
- 2:00 EEE Lecture
- 3:00 Yoga Style Stretch
- 3:30 Gentleman's Chat & Sip
- 6:30 Movie Night Comedy

**16**

- 10:00 Resident Coffee Hour
- 10:45 Rosary Circle
- 11:00 Barre & Balance Class
- 1:00 Music Composition
- 2:00 Shabbat Service
- 2:00 Balloon Volleyball
- 3:00 Nature Walk
- 3:30 The BYOD Society
- 6:30 Saturday Movie Night

**17**

- 11:00 Catholic Service
- 11:00 Barre & Balance Class
- 12:00 Congregational Service
- 1:00 Unitarian Service
- 2:00 Nature Show
- 3:00 Tai Chi
- 3:30 Wii Bowling Team I
- 6:30 Travel with Rick Steves

**18**

- 10:00 Morning Stretch Group
- 10:30 Art Skills with Kerry
- 1:00 Bingo
- 2:00 Music & Memories
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Geoguessr

**19 Walker Tune-up**

- 8:45 Grocery Trip
- 10:00 Tai Chi
- 10:30 Craft Time with Kerry
- 1:00 Mahjong Games Hour
- 1:00 Bayada Tuneup
- 2:00 Resident Council Mtg
- 3:00 Yoga Style Stretch
- 3:30 Meditation
- 6:30 Netflix Docuseries - Great British Castles

**20 IT Presentation**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Floral Design
- 1:00 IT for Seniors Presentation
- 2:00 Scattegories
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team I
- 6:30 Group Crossword

**21 Bob Recuperero**

- 10:00 Tai Chi
- 10:30 Scenic Trip
- 1:00 Game Hour
- 2:00 Bob Recuperero Performance
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Netflix Series - The Crown

**22**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Knitting Grp
- 10:30 Betsy Read
- 1:00 Sing Along
- 1:00 Baking With Jason
- 2:00 EEE Lecture
- 3:00 Yoga Style Stretch
- 3:30 Gentleman's Chat & Sip

**23**

- 10:00 Resident Coffee Hour
- 10:45 Rosary Circle
- 11:00 Barre & Balance Class
- 1:00 Music Composition
- 2:00 Shabbat Service
- 2:00 Balloon Volleyball
- 3:00 Nature Walk
- 3:30 The BYOD Society
- 6:30 Saturday Movie Night

**24**

- 11:00 Catholic Service
- 11:00 Barre & Balance Class
- 12:00 Congregational Service
- 1:00 Unitarian Service
- 2:00 Nature Show
- 3:00 Tai Chi
- 3:30 Wii Bowling Team I
- 6:30 Travel with Rick Steves

**25 Blingo Bingo**

- 10:00 Morning Stretch Group
- 10:30 Art Skills with Kerry
- 1:00 Blingo Bingo
- 2:00 Music & Memories
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Geoguessr

**26**

- 8:45 Grocery Trip
- 10:00 Tai Chi
- 10:30 Craft Time with Kerry
- 1:00 Mahjong Games Hour
- 2:00 Easy Peasy Book Club
- 3:00 Yoga Style Stretch
- 3:30 Meditation
- 6:30 Netflix Docuseries - Great British Castles

**27**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Floral Design
- 1:00 Rummikub
- 2:00 Scattegories
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team I
- 6:30 Group Crossword

**28 Halloween Happy Hour**

- 10:00 Tai Chi
- 10:30 Scenic Trip
- 1:00 Game Hour
- 2:00 Halloween Happy Hour
- 3:00 Spine Health & Flexibility Class
- 3:30 Wii Bowling Team II
- 6:30 Netflix Series - The Crown

**29**

- 9:00 2nd Cup
- 10:00 Dance Class
- 10:30 Knitting Grp
- 10:30 Betsy Read
- 1:00 Sing Along
- 1:00 Baking With Jason
- 2:00 EEE Lecture
- 3:00 Yoga Style Stretch
- 3:30 Gentleman's Chat & Sip
- 6:30 Movie Night Romance

**30**

- 10:00 Resident Coffee Hour
- 10:45 Rosary Circle
- 11:00 Barre & Balance Class
- 1:00 Music Composition
- 2:00 Shabbat Service
- 2:00 Balloon Volleyball
- 3:00 Nature Walk
- 3:30 The BYOD Society
- 6:30 Saturday Movie Night

**This Month's Events**

- October Birthdays**
- Harry - 10/5
  - Janice - 10/13
  - Doris - 10/21
  - Val - 10/21
  - Ellen E - 10/22
  - Seymour - 10/29

- October Events**
- 10/6 - Drum Circle
  - 10/14 - Eric George
  - 10/21 - Bob Recuperero
  - 10/25 - Blingo
  - 10/28 - Spooky Happy Hour
  - 10/31 - Autumn Decor Parade

**PROGRAM**

- - Cognitive
- - Emotional
- - Physical
- - Social

Events are subject to change.