

# July 2021

# Sartwell Place

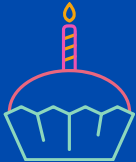
## Official Newsletter



This month's birthday girl, Joan C.!



Last month's birthday girl, Joan L.!



### Important Dates



Sunday, July 4th - Independence Day



Sunday, July 11th - Charles's Birthday



Monday, July 12th - Joan C.'s Birthday



Last month we printed that it was Joan C.'s birthday on the 17th - however, it was in fact Joan L.'s birthday!



### Outings

With the summer weather and continued healing of the community, residents have been able to leave Sartwell and enjoy the nature around them through picnic outings and scenic tours. During the drives residents reminisced about their time in the white mountains region, and shared stories new and old with each other. There was laughter and dreamy looks in abundance.



Residents enjoy nature at a picnic stop in the white mountain national forest.

## Stars and Stripes Forever



Donna is reading some of the words on the special artwork for flag day.

The flag that was designed to incorporate resident thoughts on our country and the flag.



On June 14th, residents gathered to honor and celebrate the American Flag and all it represents to us as citizens, veterans, and members of a diverse community. There was a short, virtual presentation from American Legion Post #58 Chaplain, Jack Baker, who delivered a prayer for our country. Following this, there were donuts and coffee in the activity room, with patriotic music and lighthearted conversation.

## "Keep on keeping on."

Even as pandemic regulations loosen up and life slowly returns to normal around the White Mountains, the effects of the last year are still lingering in the halls of Sartwell - while the vaccine makes it possible for loved ones to visit rooms and take residents on outings, there are still many rules in place to protect us all from the ongoing risks, and at Sartwell we are still leaps away from "normal". That being said, residents have been in higher spirits knowing that there is hope and sunshine on the horizon. One resident, Evelyn, was quoted as saying "Keep on keeping on. We've got each other." when asked about how she's feeling during a group check-in with the residents. This was demonstrated fully by the residents enjoying an impromptu hat luncheon, supported by resident Sunny's collection of dress-up hats.



Joan L.



Bob H. and Sunny



Shirley



Joan C.