

The Scoop

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Happy Thanksgiving

WRITTEN BY HAILEY WETHERBEE

Each November we gather. For some it's with family, others with friends, and still others with their work family. At Summercrest we gather as residents of our senior living community, and we gather as co-workers and caregivers. This kind of gathering is no less meaningful than the ones held elsewhere, and for both the residents and our staff is a wonderful day full of grateful appreciation of each other.

There is a difference between being grateful and being thankful. Thankful is a feeling, an appreciation of the world around us and the blessings bestowed upon us. Grateful is action, showing appreciation for kindness. On Thanksgiving, we should do both. We should feel the blessings of which we have many- family, community, a healthy work environment. And we should show each other that appreciation. I'll start:

I am grateful every day to be a part of this community and the kindness it shows me daily, and I feel thankful for being a small part of Summercrest's legacy.

Life is Good Here





A Day in My Shoes

What is it like to be a Resident Services Assistant at Summercrest

WRITTEN BY BRUCE SARGEANT

My days at Summercrest are always different and I never know what to expect; that's why I love my job. I've been here since 1998 and have held different positions. I recently semi-retired and my current job at Summercrest is 'Gopher'. I do whatever needs to be done.

I get to work at 7 am and pick up the newspapers that the delivery person has left outside. I deliver the appropriate paper to the appropriate resident. I punch in and grab a coffee. I go to my mailbox to check for notes and instructions about which resident needs to go to what place and at what time.

I am always driving to Newport, New London, Claremont, Lebanon, Windsor or any other place that a resident may need to go for appointments or errands.

I really am a jack of all trades, I'm like a swing person. I will leaf blow, serve in the dining room, set up life lines for new residents, take out the trash, help out in housekeeping, pick up background checks for new staff members. You name it; I've done it at Summercrest.

There really is no set schedule for me. Being semi-retired, it's easy for me to be flexible. No two days are the same for me.

*You're
Awesome!*



Noteworthy Activities:

- Children from the Kid's Place Halloween Parade
- Visit from Pepper the donkey
- Halloween party with Jim Hollis

Upcoming Activities:

- Veterans Day Program
- Performance by Second Wind
- Performance by Ron Banks
- Thanksgiving Bingo
- Birthday Cart





7 Tips To Be A More Thankful Person

Thanksgiving is an amazing opportunity to remind ourselves to embrace every single moment with gratitude. That's why we separated 7 tips to help you become a more thankful person:

1. **Express positivity** - Even the most difficult life challenges come with some benefits - you just have to look to find them. Being sick draws the compassion of friends. Making a mistake teaches you a lesson. When things feel hard, ask yourself: What's good here?
2. **Every day, say aloud three good things that happened** - This can be a fun activity to do with your kids when you tuck them in, or around the dinner table with family, but it's also extremely powerful to express gratitude aloud when you're alone.
3. **Say thanks to your partner** - Couples who express gratitude toward one another set up a powerful feedback loop of intimacy and trust, where both partners feel as if their needs are being met.
4. **Thank yourself** - Gratitude doesn't always need to be focused on what other people have done for you! Make sure you give yourself a thank-you for the healthy habits you've cultivated in your own life, such as eating plenty of veggies or giving yourself enough time for rest each night.
5. **Use technology to send three gratitude messages a week** - Find yourself tethered to your cell phone or the internet for hours each day? Harness the power of this technology to send out some good vibes, such as a text or Facebook comment, to tell your friends why you appreciate them.
6. **Savor the good moments** - If you notice you're feeling happy, stop what you're doing and pay attention for a few minutes. Notice exactly how you feel, including the sensations in your body and the thoughts you're having. Later, when you're trying to inspire gratitude, you can remember this moment and experience the benefits all over again.
7. **Give back** - Recent events, in some way, have impacted everyone. Some families have been affected more than others. Consider giving back to others during this Thanksgiving season. For example: Shop for groceries for a vulnerable neighbor, send a thank you note to someone who has impacted you this year. It could make their entire day, volunteer at a local charity, express appreciation and recognition to a colleague for how they supported you this year.

Building your capacity for gratitude and thankfulness isn't difficult. It just takes practice. The more you can bring your attention to that which you feel grateful for, the more you'll notice to feel grateful for!

Happy Thanksgiving from everybody at Summercrest!

Recipe



Perfect Roast Turkey

Level: Intermediate | Yield: 8 servings

Total: 3 hr 20 min | Prep: 30 min | Inactive: 20 min | Cook: 2 hr 30 min

Ingredients

- 1/4 pound (1 stick) unsalted butter
- 1 lemon, zested and juiced
- 1 teaspoon chopped fresh thyme leaves
- 1 fresh turkey (10 to 12 pounds)
- Kosher salt
- Freshly ground black pepper
- 1 large bunch of fresh thyme
- 1 whole lemon, halved
- 1 Spanish onion, quartered
- 1 head garlic, halved crosswise



Directions

1. Preheat the oven to 350 degrees F.
2. Melt the butter in a small saucepan. Add the zest and juice of the lemon and 1 teaspoon of thyme leaves to the butter mixture. Set aside.
3. Take the giblets out of the turkey and wash the turkey inside and out. Remove any excess fat and leftover pinfeathers and pat the outside dry. Place the turkey in a large roasting pan. Liberally salt and pepper the inside of the turkey cavity. Stuff the cavity with a bunch of thyme, halved lemon, quartered onion, and the garlic. Brush the outside of the turkey with the butter mixture and sprinkle with salt and pepper. Tie the legs together with string and tuck the wing tips under the body of the turkey.
4. Roast the turkey for about 2 1/2 hours, or until the juices run clear when you cut between the leg and the thigh.
5. Remove the turkey to a cutting board and cover with aluminum foil; let rest for 20 minutes.
6. Slice the turkey and serve.

Resident Spotlight

Al Schagen



Al was born and raised in Paterson, NJ on February 19, 1927.

As a young man, Al worked in the family retail shoe business,

Schagen's Shoe Store, while he attended school. After completing his schooling in Paterson, Al went to Columbia University where he majored in German. Al enlisted in the Navy and served his country. The navy sent Al back to Columbia to finish his education and he graduated in 1948. Al had wanted to use his degree to teach German but after learning that the pay wouldn't be all that great Al went into the family business. Schagen's Shoe Store was started by Al's grandfather and was in the family for 110 years until Al's retirement.

Al had met his wife-to-be, Mina Heines, while in high school and was crazy about her. However, Al and Mina didn't start dating until Al was 20 years old, about nine years after their first meeting. Finally, one time when Al was on leave from the Navy, Mina agreed to go on a date with him. They went to the local pizza place in Paterson and drank coke and ate pizza. Al was impressed with Mina's appetite and knew she was the one for him.

Both Al and Mina were from Swiss and Dutch heritages and had a lot in common. They bought a home together in Glen Rock, NJ where they raised three children, Don, Kurt, and Wendy. After raising the children, Mina got her real estate license and Al continued to work for and eventually take over the family business. Al moved to Summercrest in August of 2021.

**"The real gift of gratitude is that the more grateful you are,
the more present you become." Robert Holden**

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