

# Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290



## Greeting Continued:

This period of sweltering weather coincides with the year's heliacal (meaning "at sunrise") rising of **Sirius, the Dog Star**. Sirius is part of the constellation Canis Majoris—the "Greater Dog"—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

We wish everyone a summer that is filled with sunshine, warmth and family blessings!! As always, we, the associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us.

*With Thoughts of Sunshine,*  
Shari L. LaRoche, MS LNHA

## Donations Welcome

### BINGO supplies

- Travel tissue packs
- Candy bars
- Bags of chips
- Fall décor
- Large print word puzzles
- Pens/pencils

## Smoking Success



Since August 9, 1944, Smokey Bear has urged us to prevent forest fires. The story of Smokey begins with World War II. Japanese attacks against America would reach mainland California in 1942, when a submarine fired at an oil field near Santa Barbara, inciting

fears of massive forest fires along the Pacific coast. That same year, on August 9, Disney released *Bambi* and would later authorize the Forest Service to use its animated deer on posters urging forest fire prevention. The campaign was a success for two years until the Forest Service developed its own mascot, a bear in blue jeans wearing a ranger hat. Smokey, as he was called, was first painted by artist Albert Stahl. In 1947, Smokey would adopt the slogan "Only YOU can prevent forest fires." Then, in 2004, Smokey reunited with Bambi to produce a series of public service announcements on fire prevention.

## Centuries of Sandwiches



John Montagu, the 4th Earl of Sandwich, is famously credited with inventing the world's first sandwich in August of 1792 when, during a card game, he called for slices of roast beef

to be served between two slices of bread. His new snack became so popular that others began to order "the same as Sandwich." A closer look at history shows that sandwiches were eaten long before the 18th century. One of the earliest recorded sandwich-eaters was Hillel the Elder, a rabbi who lived in Jerusalem during the first century. During the annual Passover Seder, Hillel regularly placed lamb and bitter herbs between slices of matzoh. These sandwiches, mentioned in the Haggadah, have been made for nearly twenty centuries.

## Celebrating August Dog Month

### Golf Month

### Romance Awareness Month

### Homemade Pie Day August 1

### Farmers Market Week August 6–12

### Lighthouse Day August 7

### Garage Sale Day August 12

### Senior Citizen's Day August 21

### World Water Week August 20–24

### National Park Service Day August 25

### Be Kind to Humankind Week August 25–31

### Matchmaker Day August 31

## August Greetings to all our Friends & Family



I hope this newsletter finds you all happy & healthy.


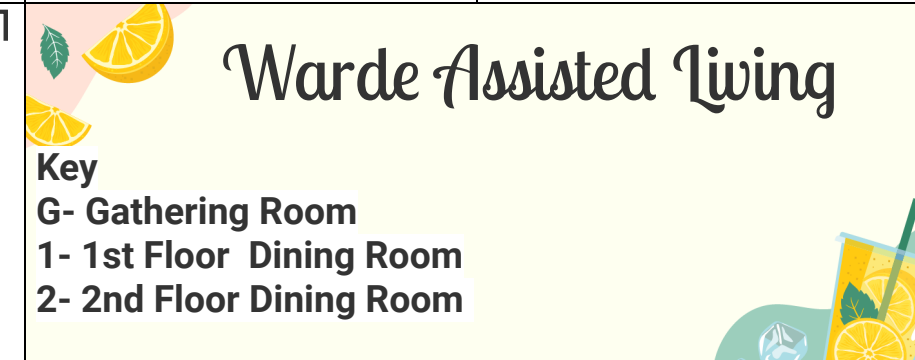
We celebrated special events in the month of July. The events that we had celebrated were National Picnic Month and Christmas in July!! We had a great picnic lunch in our main entrance/lobby area for our Long-Term care residents. Our Food Service Director offered made to order fresh deli sandwiches with a variety of sides, including dessert. Our residents enjoyed this event. We also celebrated Christmas in July both for our long-term care residents and our Assisted Living residents. Can you believe that Santa Claus came all of the way down from the North Pole to Warde Senior Living in July? Our residents enjoyed a snowball fight, Christmas song karaoke and frozen hot chocolates.

Our Assisted Living Happy Hearts Group collected pet donations in the month of July for the Salem Animal Rescue League! Thank you to those who donated pet items for this fantastic organization.

Be sure to check out our Facebook page (Warde Senior Living) to see all of the great pictures from these three (3) events. Our residents had so much fun participating in these events and helping the Salem Animal Rescue League.

Special Days/Events in August: Please refer to the August Life Enrichment Calendar!

July 3rd – August 11<sup>th</sup>, 2023 (40 days) are known as the "Dog Days of Summer". The meaning behind this saying is known to be because in ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer's peak temperatures and humidity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:30 Daily Chronicle 10:00 Coffee & Coloring- Café 11:00 Rosary - Chapel 2:00 Dart Game	<b>2</b> 8:30 Daily Chronicle <b>10:00 Outing: Shopping</b> 11:00 Mass - Chapel 2:00 Manicures- Café	<b>3</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 11:30-4:00 Happy Hearts Club Crafts- Café	<b>4</b> 8:30 Daily Chronicle 10:00 Independent Strolls 11:00 Rosary - Chapel 2:00 Movie: Steel Magnolia- Foyer	<b>5</b> 8:30 Daily Chronicle 10:15 TV Yoga- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel
<b>6</b> 8:30 Daily Chronicle 10:15 Coffee & Coloring- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>7</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Manicures- 2	<b>8</b> 8:30 Daily Chronicle 10:00 Outdoor Walks 11:00 Rosary - Chapel 2:00 Painting- Café	<b>9</b> 8:30 Daily Chronicle 10:00 Wii Bowling- Café 11:00 Mass - Chapel 2:00 Social on Dublin Deck	<b>10</b> 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 12:00 BBQ Party- G 11:00 Rosary - Chapel 2:00 Scrabble- Café <b>5:00 Outing: BINGO at Elks Lodge in Salem</b>	<b>11</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 S'mores Happy Hour- Foyer	<b>12</b> 8:30 Daily Chronicle 10:15 Current Events- 2 11:00 Rosary - Chapel 2:00 Crafts- 2 4:00 Mass- Chapel
<b>13</b> 8:30 Daily Chronicle 10:15 Sing a Long- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>14</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Birthday Party w/ Mark- G	<b>15</b> 8:30 Daily Chronicle 11:00 Rosary - Chapel Crafts and Painting All Day in the Café	<b>16</b> 8:30 Daily Chronicle <b>10:00 Outing: Shopping</b> 11:00 Mass - Chapel <b>2:00 Outing: Peach Tree Farm</b>	<b>17</b> 8:30 Daily Chronicle 10:00 Coffee & Chats- Foyer 11:00 Rosary - Chapel 11:30-4:00 Happy Hearts Club Crafts- Café	<b>18</b> 8:30 Daily Chronicle 10:00 Independent Strolls 11:00 Rosary - Chapel 2:00 Movie: Beaches	<b>19</b> 8:30 Daily Chronicle 10:15 TV Yoga- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel
<b>20</b> 8:30 Daily Chronicle 10:15 Coffee & Coloring- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>21</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	<b>22</b> 8:30 Daily Chronicle 11:00 Rosary - Chapel <b>11:00 Outing: Picnic at Massabesic</b> 2:00 Card Games- Café	<b>23</b> 8:30 Daily Chronicle 10:00 Golf Cart Rides- Deck 11:00 Mass - Chapel 2:00 BINGO- G	<b>24</b> 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 2:00 Wine & Cheese Happy Hour- Foyer	<b>25</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Music with Bob- G	<b>26</b> 8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 Finish the Phrase- 2 4:00 Mass- Chapel
<b>27</b> 8:30 Daily Chronicle 10:15 Simon Says- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	<b>28</b> 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	<b>29</b> 8:30 Daily Chronicle 10:00 Make Your Own Pizza 11:00 Rosary- Chapel 2:00 Card Games- Café	<b>30</b> 8:30 Daily Chronicle <b>10:00 Outing: Shopping</b> 11:00 Mass - Chapel 2:00 Manicures- Cafe	<b>31</b> 8:30 Daily Chronicle <b>10:00 Outing: Kingston State Park</b> 11:00 Rosary - Chapel 2:00 Crafts- Café	 <p><b>Warde Assisted Living</b></p> <p>Key            G- Gathering Room            1- 1st Floor Dining Room            2- 2nd Floor Dining Room</p>	

Activities subject to change, please see daily chronicle.