

The Woodcrest Villager

Special Edition : Covid-19 Pandemic

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“I do know how to pay attention, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I have been doing all day.”

-EXERPT
FROM
“SUMMER”

BY MARY
OLIVER

Summer Unlike Any Other

Quarantine has created a bit of a time warp, and it seems that we are suddenly half way through the summer! The days are warm and long. There is a sense of normalcy returning to the house. We can take stock of our progress as we begin enjoying the harvest



of our bountiful little gardens. We remain fluid, bobbing along with the changes and challenges. The staff and residents and families have been able to work together to not just survive but to thrive! We’ve found that we’ve got the tools to weather this or any storm. Humor and resilience, will power and curiosity serve us well. We generate art and fruits and flowers. We seek out calm and understanding. We know the value of continued learning and of kicking back and enjoying a



sunny patio. As the Covid-19 crisis continues, we are resolved and determined. In this resolve there is a certain peace.



Visits Evolving

*“A single
sunbeam is
enough to drive
away many
shadows.”
-Francis of Assisi*

With the easing of some restrictions by the State came the firsts tentative steps toward reintegrating visitation. July saw a lot of visitors at Woodcrest Village. We revel in the happiness that our guests bring. We fine tune

and continually adjust what measures we can, for the comfort and ease of our residents and their visitors. We are however, still bound to unflinchingly strict rules and regulations. We know that re-

strictions and allowances are provisional and subject to change. Within these changing parameters, we still find great enjoyment and relief in our company.



Far Flung Adventures...at Home



In some ways, being in a lock-down has broadened our perception of the world. Seeking out alternatives to in-house speakers and performers has given us perspective on the vast, fascinating world available to us through technology. Closely connected, though far away, is our

own Donna Baker's daughter, Kayla. Kayla holds her PhD in anthropology and lives in Belize, working as the Research Director at the Runaway Creek Nature Preserve. Dr. Baker is an expert on primates, and specializes in educating people about diverse rainforest

ecology. Thanks to the magic of Zoom, this month we will be treated to a talk by Kayla and some of her colleagues, about a wide variety of species living on their preserve. How wonderful it is to satisfy our curious, learning minds from the comfort of home!

Art Appreciation

Jane Oneail brings her “Culturally Curious” program back to Woodcrest Village! Jane is a highly accomplished art educator, having served as Executive Director at the League of New Hampshire Craftsmen, and the Currier Museum of Art,

where she held the role of Senior Educator. Her visits to Woodcrest in the past have always been engaging, insightful and universally enjoyed. We are so pleased to welcome Jane back into our Community Room and onto our big screen. Highlighted this month, will be John Singer

Sargent. “A masterful nineteenth-century artist, this program will explore his most beloved as well as rarely seen images, including portraits, forays into Impressionism and stunning watercolors.”



Morning Meditation Continues

Since the first onset of the pandemic, our group of residents has been ready, willing and able to roll with the punches. Finding ways to make the most of the changing situation has opened us up for new experiences. Meditation for example, is a practice and a tool that we have since acquired. In July the group completed a six week

meditation course, led by Dr. Francine Rainone. The focus on mindfulness and compassion has been helpful during these charged times, and the group has decided to continue in their exploration.

Anyone who would like a list of meditation resources that will guide or complement our studies, please feel free to contact Beth Castello.



Another benefit of having presentations on the big screen is that programs can run in both the Courtyard and the Community Room simultaneously!

“I am still learning.”

-Michelangelo
at age 87

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” -Melody Beattie

