

# The Woodcrest Villager

## Special Edition: COVID-19 Pandemic

ISSUE # X I

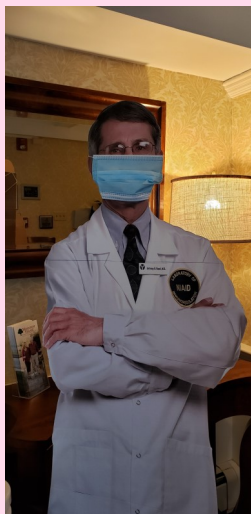
FEBRUARY, 2021



**“WHAT WE NEED IS TO GET THE MESSAGE ACROSS THAT WE ARE ALL IN THIS TOGETHER.”**

**-DR. ANTHONY**

**FAUCI**



What a month it's been! With the roller coaster of events, both at home and out in the greater world that we've had, we could all use a little good news. Well, we got it! After months of being quarantined in our rooms, wearing gowns and shields, and facing so much uncertainty, we finally can actually see the light at the end of the tunnel. On the 29th of January, most of us at Woodcrest Village received our booster vaccine! This will mean so much to us all. It will mean the end of isolation. Residents can eat to-

## Vaccinations!



gether in the Dining room again. It means that Activities can resume! It means we can all get exercise and visit with each other! It means that appointments and other “normal” life activities can take place with relative ease. It means no more blue gowns and face shields between staff and residents. An abun-

dance of caution requires us to wait the recommended fourteen days for the full benefits of the vaccine to take effect. That will take us to the middle of February. At that time we can begin to resume our daily lives the way they were before the virus entered our building. We will still practice social distancing and consistent mask wearing, but this is a small price to pay to be together again!



## Welcome New Activities Assistant Valerie!



Hi,  
My name is Valerie Surprenant, and I'm so excited about my new role at Woodcrest Village, working as the Activities Assistant. A little about my background;

I grew up in Glens Falls, New York, both of my parents were teachers, and we did a lot of creative and fun

projects as a family. My sister and I both took a lot of dance lessons as kids, and I moved to NYC at 15 to pursue a career as a ballet dancer. I later went on to study fashion design and spent many years in New York working in the fashion industry. When

my husband and I moved to NH, about 20 years ago, I began work for Company C in Concord, NH as a textile designer.

I'm so happy to now be able to assist in working on fun activities for the residents of Woodcrest Village!



## So Long Mike



For nine years, Michael Ryan has been our go-to guy for everything from IT to plumbing to gardening to small appliance repair and everything in between. More than that though, Mike is so well known for his

ever-ready smile and friendly laugh. He whistles his way down the halls, making a goofy joke and fixing whatever needs it. We have been so blessed to have his steady, professional eye on every system that makes our

house run smoothly. And now, Mike is changing direction in life and we wish him all the best. It is bitter sweet but we wish a fond farewell to our friend and we know that he will succeed in all his endeavors.

# It's Time to Party!

What should we do with all this new freedom? We should have a party! On February 17th we'll all get dolled up in our party clothes which have languished long enough! We'll gather together

(socially distanced) and enjoy hors d'oeuvres, tasty beverages, and the musical talents of our own Chris Beaucher. But most of all, we'll enjoy each other's company! How nice it will be to see our

Woodcrest community together again, celebrating what we can never take for granted again, the bond of our friendship!



**Hint: There will be a daisy theme, so wear something yellow if you have it!**

## Retrospective Art show

Art has always been important to us at Woodcrest Village, and the we have a lot of talent here! Over the years, we have made a stunning ar-

ray of colorful and creative pieces. Why not revisit some of our past projects with a retrospective? Just in time for our big "release" from quar-

antine, the Community Room will be dressed in our finest creations! Come reminisce and be reminded of all our creative achievements!



## Survey Says....

It's a new year and we have a new lease on life! Let's keep things interesting. Residents can expect to be receiving a survey inquiring about

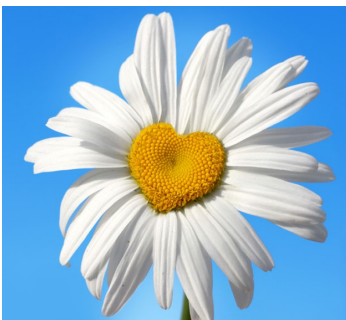
the types of activities they'd like to see heading into this "new" era. Do you love Balloon Volley? Can't live without Arts and Crafts? Have an idea

of something you'd like to try? Let your voice be heard! We pride ourselves on offering something for everyone!



# 1000 Acts of Kindness Challenge Begins!

This month Woodcrest Village will be challenging ourselves to engage in 1000 acts of kindness! Each resident and staff member is encouraged to find small ways to brighten up the day of someone else in our community! While this is an exercise in altruism, it has some surprising perks for the benefactor! Engaging in **acts of kindness** produces endorphins, the brain's natural painkiller! Perpetually **kind** people have 23% less cortisol (the stress hormone) and age slower than the average population! So while we are doing for others, we are also doing something good for ourselves. We'll all have "score cards" to keep track of kindnesses that we either witness or generate ourselves. Keep your eye out for small gestures and kind words, jot them down and when we reach our goal of 1000 Acts of Kindness we'll celebrate!



## Here are some examples to look for:

- Smile at the nearest person
- Hold the door open
- Give an honest compliment
- Thank someone who you appreciate
- Be a good listener
- Offer your help to someone
- Ask the person who's serving you how their day is going
- Treat someone to a coffee or tea
- Send flowers or chocolates to a friend out of the blue
- Express your empathy. Often the greatest gift we can give someone else is the gift of empathy
- Write a letter to a friend
- Say 'I love you' with meaning.
- Tell someone how wonderful they are and how happy you are to have them in your life.
- Ask, "How can I help you?"

**There are a million ways to be kind,  
be creative!**