



SMILE

Welcome Chris Howe: Woodcrest's New Director of Facilities

Most recently, Chris served as facilities supervisor for Bar Harbor Bank where he oversaw 44 buildings including general repair, new construction, light plumbing and electrical repair, project management, emergency management, service contracts, technology assistance, and security precautions. Prior to that he was a self-employed carpenter doing everything from minor repairs to new construction. He served in the US Army as a mechanic earning three Purple Hearts, five Army accommodation medals, and ranking Sargent in two and a half years. He and his family reside in Goshen, NH.



The Woodcrest Villager

A NEWSLETTER FOR WOODCREST VILLAGE
RESIDENTS AND THEIR FAMILIES

SEPTEMBER 2022

A Very
Happy
Birthday!



We look
forward to
celebrating with
you!



New Health Services Director: Welcome Sarah Dowsett

Sarah Dowsett, RN took over the reins as Woodcrest Village's Health Services Director on August 18. Sarah's experience in nursing will be a great benefit to our community. She joins us from Sullivan County Healthcare where her responsibilities included training and education of staff on documentation and nursing practice, monitoring quality indicators and managing quality improvement projects, and the creation and maintenance of individualized care plans for residents. Prior to that she was a case manager for the Lake Sunapee VNA and Hospice. She worked as a hospice nurse in case management. Other experiences include staff nursing at local long term care facilities and working as a registered nurse on a medical surgical unit. She attended Ave Maria University in Ypsilanti, MI where she graduated with a Bachelor of Philosophy in Theology. Sarah went on to Mount Wachusett Community College in Gardner, MA to earn her nursing degree.

Sarah is thrilled to join Woodcrest, providing excellent care to residents and building on its outstanding reputation as the region's premiere assisted living community.



Fun at Waldo's Pub

Beginning the week of September 12, we're bringing activities back to Waldo's Pub.

Invite your family and friends and join the weeklong celebration.

Monday 9/12: Open House for residents, families, and friends. Appetizers, give aways, and games

Tuesday 9/13: Trivia Tuesday

Wednesday, 9/14: Wine and Cheese

Thursday 9/15: Game night!
Cards, Cribbage, Rummy, Pub Bingo

Friday 9/16: Friday Funday!
Jokes, Charades, Funny Hats

The FUN begins at 4:30pm



SEPTEMBER *Activities & Events*

Summer may be winding down, but we're gearing up for an active autumn.

- ♦ Morning Exercises Weekdays at 10:00am
- ♦ Men's Group Wednesdays at 9:00am
- ♦ Knitting Group Thursdays at 1:30pm
- ♦ Flower Arranging Fridays at 10:00am

9/1—3:00PM Hawaiian Luau and Music with Jim Hollis

9/6—2:00PM Trip to Garden Shop to Shop for Fall Blooms

9/13—Van Ride to Sunapee State Beach

9/15—Vibraphone Music with Rich Araldi

9/20—Scenic Ride to Musterfield Apple Orchard and Farm Stand

9/22—Music with Frank Keleczy

9/23—Tim Kelly Performs Music from the Great American Song Book featuring Gershwin, Cole Porter, Frank Sinatra and Tony Bennett

9/27—Foliage Ride to Mt. Sunapee. Apple Cider and Donuts!

FLU CLINIC—Watch for the date this month!



New London **HOSPITAL DAYS**

