

Penacook Place
150 Water St.
Haverhill, Ma. 01832

Postage
Information

Penacook Place Highlights

Penacook Place * 150 Water St. Haverhill, Ma. 01832 * 978-374-0707 * 978-521-7196 *



Greetings from Penacook Place!

You may have noticed there is lots of activity happening around the house!

The weather thus has been great and let's hope it stays that way, for soon it will be Spring as the ground hog did not see his shadow.

The construction crews have been busy working on the Chapel. We are expecting completion late February to early March. There will be information forthcoming regarding Chapel celebrations when we are ready for dedication. We are looking forward to welcoming The Penacook Place residents and families as well as the community at large to come to the dedication ceremonies for years of enjoyment and spiritual fulfillment.

February brings to us Valentine's Day celebrations as well as a multitude of other entertaining and recreational activities.

We have commissioned local artist Jeff Morgan to paint our windows as well as our elevator doors, stairway door and the wall of the small lounge on 2 South. Jeff did such a great job painting our windows at Christmas time, we were anxious to get him back to brighten our center.

We ask if you have any time or talent you would like to share with us here at Penacook Place, please, become a volunteer, just an hour once a day, a week or even a month is always appreciated and it brightens the day for our residents.

As always thank you for your friendship and support,

Best regards,

Paula J. Drelick

President

Celebrating February

Library Lovers Month

Mend a Broken Heart Month

Black History Month

Groundhog Day

February 2

Westminster Dog Show

February 10-11

Valentine's Day

February 14

Presidents' Day: U.S.

February 17

Mardi Gras

February 25

Leap Year Day

February 29

Riverview is Changing its View!



We couldn't be happier! Artist Jeffery Morgan submitted picture ideas for the painting of Riverview's Elevator Doors and also the Stairway Doors. We chose the designs! Soon, Jeffrey will begin his work. Riverview's doorways will depict nature scenes with blue skies, birch trees, mountains and flowers. We hope everyone comes to enjoy the new view.

February Birthdays

In astrology, those born between February 1-18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people." Those born between February 19 and 29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. We would like to wish all of our residents born in February a very happy Birthday!

Happy Birthday and Best Wishes to all!

- Wayne W. – February 7th
- James S. – February 7th
- Helen W. – February 8th
- Eleanor L. – February 10th
- Doris St. L. – February 19th
- Agnes G. – February 22nd
- Eleanor B. – February 23rd

From The Spiritual Office



Happy February! Will the Groundhog see his shadow? Spoiler Alert! Spring will be 6 weeks away regardless!

Things are progressing very nicely with the construction of the Chapel and Activity area. The hope is for it to be completed mid-month to early March. We are looking forward a big celebration once it's complete. Please, watch our facebook page and website for updates and information.

Ash Wednesday is on February 26th. We will hold a prayer service at 11am with distribution of ashes to all residents that would like them. I will also distribute ashes room to room. Residents do not have to attend the prayer service to receive. If you would like to volunteer to pray the rosary with residents please, reach out to me. We pray the rosary every Thursday at 2:30 and I always welcome volunteers.

The residents here at Penacook Place assist in making sandwiches to give to the less fortunate once a month and enjoy helping others in their community.

I have put together a comfort cart that will be available to residents and families who may be facing end of life or a difficult challenge. The comfort cart includes: a cd player, cd's of calming music, reading material, a candle and aroma therapy oils to encourage relaxation. If you have any questions or concerns please, don't hesitate to reach out to me.

We are in the final planning stages to begin a new volunteer program in conjunction with the Haverhill Headstart program called, "Loaves to Fishes Project". If you would like more information on this program or on becoming a volunteer, again, please don't hesitate to call me.

In God's Service,

Judy Riopelle

Director of Mission Integration

Entertainment Line-Up

Riverview Line-Up

- 2/1- Katie Hanscom 2pm
- 2/7-Lenny Pearl 2pm
- 2/14 – Valentine's Day Party with Brenda Terry at 2pm
- 2/21- Resident Birthday Party with The Harmony Sister at 2pm
- 2/28- Eric Baldwin Entertains at 2pm
- 2/29 Katie Hanscom Entertains at 2pm

Main Dining Room Line-Up

- 2/8-Phil Entertains at 2pm
- 2/13- Scott Andrews at 2pm
- 2/14 Valentine's Day Party with The Belfiore Brothers
- 2/21- Billy Glynn Entertains at 2pm
- 2/24-Phil Entertains at 2pm

Do a Grouch a Favor

You probably know someone who is a grouch.



Maybe it's your friend, neighbor, parent, or even spouse! February 16 is the day to forgive them for their sullen and grumpy attitudes and do something nice, for it is Do a Grouch a Favor Day. What

favours could possibly satisfy the irritable nature of a grouch? Psychologists believe that the most common sources of irritability are often little things throughout the day, small annoyances that come with everyday tasks such as driving or shopping at the grocery store. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and annoyances. So perhaps the biggest favor we can do for a grouch is to show them compassion. Understanding others' emotions is the first step we can take toward alleviating their suffering and dispelling loneliness.

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine's Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II's reign. Eventually, Valentinus, too, was put under house arrest at the home of Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl's sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed "From your Valentine."

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God's eternal love. When Valentine's secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine's devotion to his faith and his people. As these legends spread, so did Valentine's reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.

February in History

10 YEARS AGO, The Boy Scouts of America celebrated their 100th anniversary.

20 YEARS AGO, The final original, Peanuts comic strip was published in the newspapers one day following the death of its creator, Charles Schulz.

30 YEARS AGO, Nelson Mandela was released after 27 years of imprisonment in South Africa.

40 YEARS AGO, The Olympic Hockey Team defeated the heavily favored Soviet Union, 4-3 in Lake Placid, in what was termed as the Miracle On Ice.

50 YEARS AGO, The Jackson 5 made their TV debut on American Bandstand performing, I Want You Back. The Beatles released their, Hey Jude Album. It was originally called, Beetles Again.

Leapin' Frog Humor



Q: How deep can a frog go?
A: Knee- Deep, Knee-Deep

Q: Why are frogs happy?
A: They eat whatever bugs them.

Q: What did the frog order from the fast food restaurant?
A: French Flies and a Diet Croak

Q: Why did the frog read Sherlock Holmes?
A: He liked a good Croak and dagger story.

Q: Why did the frog say, Meow?
A: He wanted to learn a foreign language