

Men's Health Month

Not only is June 21 Father's Day, but June is Men's Health Month. All June long, we are asked to honor the men in our lives: dads, husbands, brothers, and uncles. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends



to overemphasize qualities of toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn't always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men's work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men all across the country, such as Philadelphia's Masculinity Action Project and the global ManKind Project, are attempting to promote "healthier masculinity." They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. While some critics have gone so far as to call this a "war" on traditional masculinity, many men in these groups feel better about themselves: they have better relationships, stronger core values, and better mental health. These men are not only becoming, in their eyes, better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive male role models, they are better equipped to pass those traits along to younger generations.

National Pen Pal Day!

June 1st is National Pen Pal Day. National Pen Pal Day was created by American pen-pal, Rosie Tholl who has traveled around the world to meet some of her Pen Pals. She was also the co-coordinator of the Illinois Pen Pal Picnic Reunion and is co-founder and co-coordinator for Pen Pals United.

This is a day to show your pen pals that you appreciate them by sending special letters written on beautiful stationery or sending gifts specifically designed for the art of letter writing. Nowadays, with instantaneous communication offered through email, texting and social media, letter writing is not as popular as it once was but if you ask me there is something very special about the hand written letter and the thought that someone would take the time to write it.

Many of our residents enjoy the art of letter writing and receiving mail is a bright spot in their day. It encourages feelings of connectedness and during these times that is especially important for everyone. If you have a moment please, drop a line and let them know you are thinking of them. You might just get a letter back!
Thinking of you and yours,
Sherry Brosseau, Memory Care Prog. Dir.

Father's Day

We would like to wish all of our fathers here at Penacook Place and all of the fathers out there a Happy Father's Day!

In America, Father's Day was founded by Sonora Smart Dodd and was celebrated on the third Sunday of June for the first time in 1910. We will be celebrating Father's Day on June 21st this year with Root Beer Floats and other special treats!

Happy Father's Day!



Penacook Place Highlights

Penacook Place* 150 Water St. Haverhill Ma. 01830 * 978-374-0303 * 978-521- * www.penacookplace.org



Greetings from Penacook Place

Dear Residents and Families:

Covid-19 has changed all of our lives. As you well know, this is an especially challenging time in skilled nursing facilities and senior living facilities. What hasn't changed is our dedication to you and your loved one.

We are committed to providing you with regular updates on all our efforts to combat this vicious virus that has been so devastating for frail seniors across the country. It's important for you to know that:

- We have tested 100% of our residents and currently have 7 residents with Covid-19
- We have also completed 90% of baseline testing for our staff and currently have 16 quarantined or isolated at home.
- All staff providing care to residents is required to wear personal protective equipment. We have adequate supplies on hand due to the combined efforts of our town officials as well as Covenant Health supply chain team. We are also grateful for the expertise shared by the Covenant Infection Prevention Group.
- We have been inspected twice by the DPH surveyors now working on behalf of Mass Health.
- As you are aware the Governor has started his 4 phase program to re-open the Commonwealth. As of today, we have not heard anything regarding allowing visitation to the nursing homes. As soon as we do we will let you know immediately.

Thank you so much for your understanding, support and friendship during this most difficult time.

Warmly,
Paula Drelick RN CCM LNHA

Celebrating June

Men's Health Month

Pen Pal Day

June 1

Donut Day

June 5

World Ocean Day

June 8

Flag Day

June 14

The Longest Day

June 20

Father's Day

June 21

Sunglasses Day

June 27

Feast of Saints Peter and Paul

June 29

ACTIVITIES

Dear Families,

The staff would like you to know that we miss you. We know you are worried. We think of you every day and we want you to know that we are doing all we can to keep your loved ones healthy, happy and safe.

We would like you to follow us on Facebook. We update the Penacook Place Facebook page regularly to keep you informed of activities and events happening here at Penacook. We have had so much fun taking pictures of the residents who in turn have gotten quite a kick out of having their photos posted on the internet. We can only post the photo with proper consent. If you would like to know more about this please, give me a call.

We are looking forward to seeing you together again with your family member but until that day, we are available to facilitate both Skype Video Calls and Face Time Chats. It's our goal to keep you connected during these very challenging times. Family and Friends of Riverview, if you would like to schedule a call you can reach me at: (978)-373-0707 ext. 162 or 133. If I am not available another staff member may be able to assist you.

Activity Director Jeanne Diamontopoulos, would like you to know that she is available from 8am to 4:30pm Mon.-Fri. to schedule Face Time and Skype calls for Cherokee Rose and Hillview Terrace. She can be reached at: (978)-374-0707 ext. 118. If she is not available another staff member will be available to assist you.

Warm thoughts of you and yours,
Sherry Brosseau, Memory Care Program Director

We would like to wish all of our residents celebrating their birthdays this month, a very Happy Birthday!



- Sally B. – June 12**
- Maria F. – June 22**
- Margaret L – June 28**
- Michael M – June 28**
- Anne M. – June 17**
- William M – June 12**
- Martha W. – June 2**

Project: Let The Music Play!

Project: Let The Music Play is in full swing! If you haven't heard about this project, we are asking for donations of cd players. Our goal is to have a c.d. player in every room so that every resident can be offered music as a form of entertainment.

I'm so grateful to all who have donated! We have received a total of 17 cd players and a half a dozen music c.d.s. It's been wonderful to hear music coming from rooms and to see residents tapping their feet to their favorite beat!

Thank you for all your donations!



If you would like to donate a c.d. player or music please contact:
Sherry Brosseau, Mem. Care Program Director
(978) 374-0707 ext. 162



News From The Spiritual Office

Dear Families,

It has been a while since you last heard from me but that doesn't mean you haven't been on my mind and in my heart and prayers. The past two and a half months have been a blur. It's been a very difficult time for everyone. I understand how difficult it has been for all of you not being able to visit your loved ones. I hope that through the phone calls, Face Time visits and Skype Video Chats you have felt somewhat connected. My prayers are that you will all be able to visit soon.

Due to the pandemic, group spiritual activities have been at a minimum. We have had to adhere to the strict guidelines set forth from the state and the CDC. During the height of the pandemic I was able to do some Face Time visits with the residents and offer support to the families as they called with questions. More recently, I have been returning to room visits with your family members which brings both myself and them some joy.

Our new chapel has not yet been dedicated. I am hoping that will be done very soon. I'll keep you posted!

Thank you for your patience and understanding during this very difficult time. I look forward to seeing all of you in the near future!

In God's Service,

Judy Riopelle
Director of Mission Integration

"Kind words can be short and easy to speak, but their echoes are truly endless."
St. Mother Theresa of Calcutta

Feast of St. Peter and Paul



On June 29 the Church celebrates the feast day of St. Peter & Paul. As early as the year 258, there is evidence of an already lengthy tradition of celebrating the solemnities of both Saint Peter and Saint Paul on the same day. Together, the two saints are the founders of the See of Rome, through their preaching, ministry and martyrdom there.

Flag Day



Bernard Cigrand, a small-town Wisconsin teacher, originated the idea for an annual flag day, to be celebrated across the country every June 14, in 1885. That year, he led his school in the first formal observance of the holiday. Cigrand, promoted his concept and advocated respect for the flag throughout his life. In 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day. Residents here will celebrate through art, discussion and decorating their doors with Old Glory!