



180 Water Street  
Haverhill, MA 01830  
978.374.2175 Fax 978.373.4369  
www.sarahsplace.org

January 27, 2025

Dear Friends:

February is upon us which means we are making our way through winter and that we are inching closer and closer to March and Spring. Thank you for your patience as we deal with occasional inclement weather days. Our goal is to be open every day but we don't have control over Mother Nature. That being said, always assume **Sarah's Place is OPEN, unless you are contacted by a staff member. Your safety is always our priority! We don't follow the schools cancellation.** Any questions about status, call 978.374.2175 or check our facebook page: <https://www.facebook.com/SarahsPlaceAdultDayHealth>. You can like us too while you visit. Our van service may run late or early or could suspend service due to conditions. We recognize that caregivers don't get Holidays off, so we try to be open on many of the holidays, for example, we are **OPEN on President's Day, Monday, 2/17.** We won't get paid unless we are open, so the only reason we will cancel is if we think the weather may impact your safety. You're our most precious commodity, we can't replace you! Stay safe and warm, spring is coming!

**Don't you feel LUCKY?** Winter is our toughest time of year with the weather and illness altering daily plans, as a non-profit we need to have a means of support for what we do. Each March, in memory of our dear friend Joe Barker, we hold our **March on to Support Sarah's Place Calendar** drawings. This provides an opportunity to win cash or scratch tickets for each day in March. Winners are announced live on Facebook with participants drawing the lucky winners Monday through Friday. **Calendars are available for only \$20 – 31 chances to win \$\$\$ and \$200 on St. Patrick's Day which is Joe Barker's birthday. It's a great gift for a friend, & it supports Sarah's Place, a great 2 for 1!** Contact Amy, Heidi or Kim for more information.

- Buy a calendar for our **March on to Support Sarah's Place for only \$20.** 31 chances to win – only \$20 – you can't win unless you play!
- **Wear Red on Fridays**, support Women's Heart Health Month & Valentine's Day Friday February 14<sup>th</sup>.
- **Sarah's Place is OPEN on President's Day, Monday February 17<sup>th</sup>.**
- Please be sure to update the Nurse about any changes in Medications or any trips to the Doctor's Office or Emergency Room. The more information we have, the better we can care for you!

We may be asking for your support to area legislators, our Senators and Representatives, to remind them of the benefit and value that Sarah's Place provides. Next years budget may include a potential cutback to adult day health programs. You can be our best tool in our tool box to ensure adult day health rates and programs remain a priority in Massachusetts. I will keep you posted on our progress with the state budget! Thank you in advance!

**CAREGIVERS**

**Remember to take time for yourself - you and your loved one depend on you!**

- **Take a moment to reach out to Sarah's Place** so we can check in with you too. Sharing your troubles will lighten your load – we are here to help, and you matter to us.
- Our next Support Group meeting is **Wednesday, February 5<sup>th</sup> in the Mission Towers building 7<sup>th</sup> Floor.**
- **Age Span** (formerly Elder Services of the Merrimack Valley) is a wonderful resource for info and options. They have a list of area support groups. They can be reached at 978.683.7747 or toll free at 800.892.0890

Take care of yourselves and stay well,

Amy Anwyl, MSW  
Executive Director

*Founding Organizations*

*Bethany Community Services*

*Penacook Place*

*Haverhill YMCA*



Monday

Tuesday

Wednesday

Thursday

Friday

Milk is offered at all meals & snack times.  
 Breakfast: Milk, juice, coffee and choice of toast, English muffin, cereal, raisin toast, fruit, yogurt, cottage cheese or oatmeal.

# February 2025

## Sarah's Place Menu

Snacks include a choice of two of the following: Milk, yogurt, fresh fruit, cheese sticks, fresh veggies, whole grain gold fish, graham crackers, whole grain crackers with cheese, peanut butter or hummus.

<p>3  <b>Baked Stuffed Chicken with gravy/roll</b>  <b>Mashed Potato/Squash</b>  <b>Fruit Cocktail</b></p>	<p>4  <b>Stuffed Shells</b>  <b>Garden Salad Broccoli</b>  <b>Garlic twist</b>  <b>Jello</b></p>	<p>5  <b>Baked Ham</b>  <b>Mashed Potato</b>  <b>Green Beans/roll</b>  <b>Peaches</b></p>	<p>6  <b>Ham Salad Sandwich</b>  <b>SP Fries</b>  <b>What u got soup</b>  <b>Pudding</b></p>	<p>7  <b>Stir Fry Chicken</b>  <b>Rice</b>  <b>Assorted Veggies</b>  <b>Pineapple</b></p>
<p>10  <b>Pizza Day</b>  <b>SP Fries</b>  <b>Mixed Greens salad</b>  <b>Jello w/fresh fruit</b></p>	<p>11  <b>Meatloaf w/gravy</b>  <b>Mashed Potato</b>  <b>Green Beans/roll</b>  <b>Fruit cocktail</b></p>	<p>12  <b>Honey ginger Salmon</b>  <b>Pasta/Vegetables</b>  <b>Salad w/apples</b>  <b>Brownies</b></p>	<p>13  <b>Beef Stew</b>  <b>Potato/carrots/turnip</b>  <b>Whole wheat roll</b>  <b>Pears</b></p>	<p>14  <b>Greek Feta Chicken</b>  <b>Rice</b>  <b>Roasted Veggies</b>  <b>Peaches</b></p>
<p>17  <b>Baked Haddock</b>  <b>Mashed Potato</b>  <b>Green Beans/roll</b>  <b>Fruit Cocktail</b></p>	<p>18  <b>Chicken Broccoli</b>  <b>Alfredo</b>  <b>Penne pasta</b>  <b>Garden salad</b>  <b>Fresh Fruit</b></p>	<p>19  <b>Meatball Sub</b>  <b>Tater Tots</b>  <b>Salad w/fruit</b>  <b>Pears</b></p>	<p>20  <b>Tuna Sandwich</b>  <b>SP Fries</b>  <b>What u got soup</b>  <b>Pudding</b></p>	<p>21  <b>Baked Ham</b>  <b>Mashed Potato</b>  <b>Green Beans/roll</b>  <b>Peaches</b></p>
<p>24  <b>French Toast</b>  <b>Ham/Homefries</b>  <b>Fresh Fruit Cup</b>  <b>Jello</b></p>	<p>25  <b>American Chop Suey</b>  <b>Garden Salad</b>  <b>Broccoli</b>  <b>Pears</b></p>	<p>26  <b>Turkey Tips</b>  <b>Green Salad</b>  <b>Roasted Potatoes</b>  <b>Mandarin Oranges</b></p>	<p>27  <b>Cheeseburgers</b>  <b>Lettuce/Tomato/Onion</b>  <b>Salad w/apples</b>  <b>Brownies</b></p>	<p>28  <b>Chicken Parm</b>  <b>Penne pasta</b>  <b>Salad w/fruit</b>  <b>Green beans</b>  <b>Jello</b></p>



Monday

Tuesday

Wednesday

Thursday

Friday



Sarah's Place Original

# February 2025

Wear Red every Friday to support American Heart Month

Monthly Activity Sponsor:

**Bethany  
Community  
Services**

<p><b>3</b></p> <p>10 Bingo / Word Search 11 Winter Bean Bag 1:30 Exercise 2p Target Practice 3p Word Games</p>	<p><b>National Bird Day 4</b></p> <p>10 Craft ( Bird house ) 11 Yellow Brick Road 1:30 Fitness Bands 2p Snowman Dice 3p Chit Chat</p>	<p><b>5</b></p> <p>10 Ring Toss / <b>Cooking</b> 11 <b>Music w/ Kevin Farley</b> 1:30 Chair Exercise 2p Letter Dice 3p Conversation Ball</p>	<p><b>6</b></p> <p>10 Monster Darts 11 Valentine Toss 1:30 Moving to Music 2p Race to 100 / Art 3p Zoom In's</p>	<p><b>Sports T-Shirt Day 7</b></p> <p>10 Football / Snowman Toss 11 Making Words 1:30 Exercise 2p Super Bowl /Art/ Beads 3p The Name Game</p>
<p><b>10</b></p> <p>10 Flying Chickens 11 <b>Music w/ Peter O'Malley</b> 1:30 Chair Exercise 2p Craft ( Hearts ) 3p Question Ball</p>	<p><b>11</b></p> <p>10 Bingo / Word Search 11 Floor Darts / Trivia 1:30 Exercise 2p Valentine Toss 3p Getting to know you</p>	<p><b>Umbrella Day 12</b></p> <p>10 Bottle Toss 11 Making Words 1:30 Fitness Bands 2p Snowman Bean Bag 3p Chit Chat</p>	<p><b>13</b></p> <p>10 Skeeball / <b>Cooking</b> 11 Family Feud / Trivia 1:30 Weight Training 2p Trampoline Ball 3p Reminiscing</p>	<p><b>14</b></p> <p>10 Horseshoes / Ringer 11 Crown the King &amp; Queen 1:30 Chair Exercise 2p Valentine Cards 3p Headbands</p>
<p><b>Cherry Pie Day 17</b></p> <p>10 Ball Bounce / Target Practice / <b>Cooking</b> 11 Jumbles / Trivia 1:30 Moving to Music 2p Race to 100 / Art 3p The Name Game</p>	<p><b>18</b></p> <p>10 Bowling / Chicken Toss 11 What's in the bag? 1:30 Chair Exercise 2p Beads / Art 3p Reminiscing</p>	<p><b>19</b></p> <p>10 Bingo / Word Search 11 Jumbles / Rebus 1:30 Weight Training 2p Letter Dice 3p Word Games</p>	<p><b>20</b></p> <p>10 Craft 11 Horseshoes / Hangman 1:30 Fitness Bands 2p Yellow Brick Road 3p Zoom In's</p>	<p><b>21</b></p> <p>10 Skeeball /Ring Toss 11 Monster Darts 1:30 Exercise 2p Table Games 3p Chit Chat</p>
<p><b>24</b></p> <p>10 <b>Musical Bingo w/ Ray &amp; Jan</b> 11 Veggie Toss 1:30 Exercise 2p Trampoline Ball 3p Conversation</p>	<p><b>Clam Chowder Day 25</b></p> <p>10 Horseshoes / <b>Cooking</b> 11 <b>The Rockaholics</b> 1:30 Fitness Class 2p Ring Toss 3p Headbands</p>	<p><b>26</b></p> <p>10 Craft 11 Bowling / Trivia 1:30 Moving to Music 2p Table Games 3p Word Games</p>	<p><b>27</b></p> <p>10 Bingo / Word Search 11 Target Practice 1:30 Chair Exercise 2p Bottle Toss 3p Zoom In's</p>	<p><b>28</b></p> <p>10 Winter Bean Bag 11 Making Words 1:30 Exercise Bands 2p Letter Dice 3p Question Ball</p>



Monday

Tuesday

Wednesday

Thursday

Friday

Sarah's TOO ADH

# February 2025

Wear Red every Friday to support American Heart Month

Monthly Activity Sponsor:

**Bethany  
Community  
Services**

<p>10 <b>Craft/w Kathy</b> 11 Winter Bean Bag 1:30 Exercise 2p Valentine Jingo 3p Word Games</p>	<p><b>3 National Bird Day</b> 10 Craft (Bird house) 11 Yellow Brick Road 1:30 Fitness Bands 2p Snowman Dice 3p Chit Chat</p>	<p><b>4 Kevin Farley/ Cooking</b> 11 Ball Bounce 1:30 Chair Exercise 2p Letter Dice 3 Word Connect</p>	<p><b>5 Valentine Jingo</b> 11 Valentine Toss 1:30 Moving to Music 2p Race to 100 / Art 3p Zoom In's</p>	<p><b>6 Sports T-Shirt Day</b> 10 Superbowl Game 11 Making Words 1:30 Exercise 2p Playing Instruments 3p UNO/LCR</p>
<p><b>10 Music W/Peter OMalley</b> 11 Head Bands 1:30 Chair Exercise 2p Dice Game (21) 3p Name 5 things</p>	<p><b>10 Kraft w/Kathy</b> 11 Floor Darts / Trivia 1:30 Exercise 2p Basketball 3p Wheel of Fortune</p>	<p><b>11 Umbrella Day</b> 10 Yellow Brick Road 11 Wizard of Oz Trivia 1:30 Fitness Bands 2p <b>Umbrella Craft</b> 3p Chit Chat`</p>	<p><b>12 Washer Toss</b> 11 Newspaper GameTrivia 1:30 Weight Training 2p Trampoline Ball 3p Reminiscing</p>	<p><b>13 Heart Craft</b> 11 Crown the King &amp; Queen 1:30 Chair Exercise 2p Valentine Cards 3p Headbands</p>
<p><b>17 Bingo/ Cooking</b> 11 Minute to Win it 1:30 Moving to Music 2p Race to 100 / Art 3p The Name Game</p>	<p><b>18 Craft w/Kathy</b> 11 Charade Ball 1:30 Chair Exercise 2p Uno/Yahtzee 3p Reminiscing</p>	<p><b>19 Musical Bingo w/Ray and Jan</b> 11 Word Jumbles 1:30 Weight Training 2p Music Sing a long 3p Word Games</p>	<p><b>20 Cherry Pie Day</b> 10:30 <b>Rockaholics</b> 11 Musicians Hangman 1:30 Fitness Bands 2p Karaoke w/Kelley 3p Zoom In's</p>	<p><b>21 Newspaper Game</b> 11 Monster Darts 1:30 Exercise 2p Table Games 3p Chit Chat</p>
<p><b>24 Craft w/Kathy</b> 11 Making Words 1:30 Exercise 2p Trampoline Ball 3p Conversation Ball</p>	<p><b>25 Clam Chowder Day</b> 10 Horseshoes / <b>Cooking</b> 11 Corn Hole 1:30 Fitness Class 2p Egg Crate Challenge 3p Headbands</p>	<p><b>26 Bowling</b> 11 Crossword Puzzle 1:30 Moving to Music 2p Dominos/Boggle 3p Word Games</p>	<p><b>27 Bingo / Word Search</b> 11 Butterfly Game 1:30 Chair Exercise 2p Bocce Ball 3p Dominos</p>	<p><b>28 Winter Bean Bag</b> 11 Making Words 1:30 Exercise Bands 2p Letter Dice 3p Question Ball</p>



Sarah's Place Adult Day Health [www.sarahsplace.org](http://www.sarahsplace.org)  
Phone: 978.374.2175 Fax: 978.373.4369 Original / 978.478.0060 SP Too

Amy Anwyl, Executive Director [amy@sarahsplace.org](mailto:amy@sarahsplace.org)

Heidi Rine, Program Director:  
[heidi@sarahsplace.org](mailto:heidi@sarahsplace.org)

Robin Dowd, Program Nurse:  
[robin@sarahsplace.org](mailto:robin@sarahsplace.org)

Laura Lachapelle, Activities Director:  
[laura@sarahsplace.org](mailto:laura@sarahsplace.org)

Rich Brodbeck, Social Worker:  
[rich@sarahsplace.org](mailto:rich@sarahsplace.org)

Kim Westbrook, Program Nurse:  
[kim@sarahsplace.org](mailto:kim@sarahsplace.org)

Kathy Pothier, Program Nurse:  
[kathy@sarahsplace.org](mailto:kathy@sarahsplace.org)

Lynn Sullivan, Program Nurse:  
[lynn@sarahsplace.org](mailto:lynn@sarahsplace.org)

Kelley McIntire, Activities Director:  
[kelley@sarahsplace.org](mailto:kelley@sarahsplace.org)

**March On to support Sarah's Place Calendars are available!  
31 Chances to win \$\$ or scratch tix every day! \$20 a calendar**

A support group provides an opportunity for you to share your thoughts, receive support and recommendations in a supportive environment. Next meeting is Wednesday, February 5<sup>th</sup> from 11 am -12 pm Mission Towers 7<sup>th</sup> Floor.

**Sarah's Place is OPEN on President's Day, Monday, February 17th**

February's Activity Sponsor:

**Bethany Community Services**

Sarah's Place Adult Day Health  
180 Water Street  
Haverhill, MA 01830

Founding Organizations

Bethany Community Service

Penacook Place

Haverhill YMCA