



# What's New at Spring Village at Dover

35 Pointe Place, Dover (603) 842-4908

June 2019



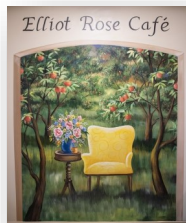
## Town Square Luminous with Local Scenes of Dover

When *Spring Village at Dover* opens the doors, our residents and their families will be in for a treat. Upon entering Town Square they will receive a friendly greeting from our Concierge and their attention will be drawn to the incredibly beautiful murals on the walls. The murals are the creation of artist Carrie Kingsbury who, after studying photos of Dover, has fashioned representations of the downtown Dover area.

Carrie is the owner of *Promiseland Murals*, which she began in 1999. She has an impressive portfolio of both commercial and residential projects including St. Christopher's Hospital for Children in North Philadelphia, Children's Home of Reading Day School, Children's Hospital of Philadelphia at King of Prussia and at Philadelphia, and many fine homes on the east coast. As mentioned on her website: "Carrie has traveled as far as California and India to paint. In 2009, her work was displayed as part of the television show *Extreme Home Makeover* (Berks edition)." Carrie's studio and home are in Birdsboro, PA, so *Spring Village at Dover* was fortunate to have her travel to Dover to create our beautiful Town Square and Elliot Rose Café murals.

Yefta "Dan" Albert, of *YA Photography*, captured the mural painting event. Dan is a 2017 graduate of Dover High School and currently a computer science major at Great Bay Community College. He set up his camera equipment and created a time-lapse video of Carrie working. Dan diligently visited *Spring Village at Dover* each of the four days it took to complete the paintings. We invite you to view his skills as a videographer on the *Spring Village at Dover* Facebook page.

To view more of Carrie's work, visit her website at: <https://www.promiselandart.com/murals.aspx>. For more information on Dan's photography visit his website: <https://yeftaalbert.myportfolio.com/>. *Spring Village at Dover* is excited to share this unique feature of our community. Thank you Carrie and Dan!



## Our Special Flag

The American flag that will fly over *Spring Village at Dover* is not just any flag. This special flag was flown over the *United States Capitol* on May 6, 2019, to honor Florence Nightingale on National Nurses Day.

*Spring Village at Dover* would not be able to provide the caring and compassionate service to our residents and their families if not for our exceptional nursing staff. We recently held our first orientation for new staff and were able to witness first-hand the serving hearts of excellent nurses who will be assisting our residents. Our flag will be a reminder of how grateful we are to our nurses.



Spring Village at Dover

## Caregiver Chats

A supportive group for dementia caregivers

For your convenience there are **Two meeting times each month**

**Second Tuesday 10 a.m.  
at Dover Public Library  
and  
Fourth Saturday 11 a.m.  
at Spring Village at Dover**

If you would like to be added to our *Caregiver Chat* email list for meeting reminders and information updates, email your request to:

[jacki.brewster@springvillagedover.com](mailto:jacki.brewster@springvillagedover.com)  
or call: (603) 842-4908



**Ellie Invites You to Attend a  
GROUP INTERVIEW  
held EVERY WEDNESDAY at 2:00 p.m.  
Job Applicants for All Positions are  
Welcome to the Attend**



**SUMMER FUN AND SAFETY**

The following tips to help seniors living with dementia stay safe this summer were found on the *Alzheimer's Care Resource Center* website. ([www.alzheimerscareresourcecenter.com/](http://www.alzheimerscareresourcecenter.com/))

- **Stay Hydrated** – People with dementia may not realize that they are thirsty, so encourage them to drink frequently. Avoid alcohol and caffeine as these drinks may contribute to dehydration.
- **Apply Sunscreen Regularly** – A senior with dementia may not remember to put on sunscreen, so be sure to remind them to reapply when needed.
- **Dress Appropriately** – As Alzheimer's progresses, decision making becomes more difficult. Put away any winter clothes and make light, summer clothing easily accessible for your loved ones.
- **Limit Sun Exposure** – Try to stay in shaded areas as much as possible and stay inside during the hottest part of the day (10 a.m. to 2 p.m.).
- **Be Watchful with Wanderers** – Keep a watchful eye on any seniors who may wander to prevent an accident; taking extra care around water. An identification bracelet may be useful.
- **Avoid Loud Noises and Crowds** – Both loud noises and crowds can be overwhelming for someone with dementia so consider watching any fireworks or attending any parades from a distance.

While some extra safety precautions are necessary to enjoy the summer weather, don't let that stop you from getting your loved one outside to enjoy the season. Activities like these can be fun and safe for many seniors with dementia:

- ⇒ Go to the beach
- ⇒ Explore a nature trail
- ⇒ Have a picnic at a park
- ⇒ Swim and exercise
- ⇒ Take up gardening
- ⇒ Have a yard sale
- ⇒ Visit a local farmer's market
- ⇒ Create art outside
- ⇒ Make a bird feeder
- ⇒ Schedule a family reunion
- ⇒ Watch a movie at the drive-in theatre
- ⇒ Attend a sporting event



**OFFICE HOURS**

**We're here for you!**

Stop by and visit us, the office is open:

**Every Day**

**8 a.m. to 6 p.m.**

Keep in mind, we're

AVAILABLE ANYTIME by calling:

**(603) 842-4908**

Join the  
**Spring Village at Dover Walk Team**  
at the



**Alzheimer's Association's Annual  
Walk to End Alzheimer's**  
Sunday, September 22, 2019  
The Little Harbour School, Portsmouth

It's never too early to sign-up and start raising money to end Alzheimer's Disease

For more information and to join the Spring Village at Dover team visit:

**[www.alz.org/walk](http://www.alz.org/walk)**

**Community  
Connections Corner**



In our continuing mission to partner with a local non-profit agency each month, *Spring Village at Dover* was able to supply items for the *Homeless Center for Strafford County (HCSC)* which provides community members and families with shelter, case management, and educational programs that lead to self-sufficiency and permanent housing. If you would like to provide continued assistance to *HCSC*, visit their website at: [www.homelesscenterforstraffco.org/](http://www.homelesscenterforstraffco.org/).

Throughout June *Spring Village at Dover* will be collecting toys! The *Dover Adult Learning Center of Strafford County* helps adults improve their lives through basic education, job training, high school completion, and enrichment classes. Part of their service is the *DALC Daycare* which provides child-care for the parents in their classes. Bring a new, educational toy appropriate for children ages six months to six years, to 35 Pointe Place in Dover. For more information on *Dover Adult Learning Center of Strafford County*, visit their website at: [www.doveradultlearning.org/](http://www.doveradultlearning.org/).



Visit Spring Village at Dover's website:

**[www.springvillagedover.com](http://www.springvillagedover.com)**

See photos of the progress on our **Facebook Page**

Or stop by and say hello at:

**35 Pointe Place, Dover**

**(603) 842-4908**