Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

NEWSLETTER 21
COLBY DUDAL

#CCGOLF

August is National Golf Month and we want pictures of YOU on the golf course! Whether you are playing 9-hole, 18-hole, miniature or backyard golf, we want to see your photos. Then, post to your social media using the #ccgolf or #cc2020virtualgolf hashtag and tag us @community_crossroads on Facebook or Instagram.



DSP/HOME CARE PROVIDER RECOGNITION WEEK

Direct Support Professional
RECOGNITION WEEK

ANCOR | RELIAS

Direct Support Professional and Home Care Provider Recognition Week will take place from September 13-19. Throughout the week we will be featuring some of the many dedicated workers who take care of those who we serve.

You won't want to miss the content we are putting out that week. Follow us on Instagram @community_crossroads and Facebook @CommunityCrossroads to read all of our content on these committed workers.

FAVORITE BAKERIES

It seems as though everyone loves a good bakery! Here are some bakeries that those who work for Community Crossroads like to go to.

Sweet Dreams Bakery - Stratham, NH

Bakery at Galley Hatch Restaurant - Hampton, NH

The Wicked Sweet Sugar Boutique - Hampton, NH

Donut Love - North Hampton and Exter, NH locations

Bakery at The Farm at Eastman's Corner - Kensington, NH - This is a family-friendly place to go that donates 100% of their proceeds to the maintenance of Sawyer Park in Kensington.

Be sure to check bakery hours before arriving to any of these locations.

NATIONAL WELLNESS MONTH

The month of August is National Wellness Month. In the next edition of 'A Community of Wellness' we want to know what wellness is to you. This could mean a peaceful place that you go to, a thing you do that brings you joy, or even a person and/or animal in your life that makes you happy. Send in photos and stories to cdudal@communitycrossroadsnh.org and you will be included in the next newsletter.



Pets bring joy to many of us and help us to have more wellness in our lives. Here is Dee's Havanese dog named Sir Louie.

VEGETABLES FROM THE GARDEN



Throughout the summer, I have been enjoying my garden. We have had tomatoes, zucchini and there is still more to come! - Colby





SOCIAL DISTANCING WITH LOVED ONES

Recently, I went to visit my grandpa. It was the first time I had seen him since February! It was great to see him after so long.

Send in a photo of you and your family members who you haven't seen in a while or just saw for the first time in a while recently. Or, you can send in a photo of those that you live with and see each day.

The current situation has been tough on everyone but it is always great when we see our loved ones again.



CHECK OUT OUR WEBSITE

[Partners in Health Continues To Help Those With Chronic Health Issues]

[Policy Partners Class of 2020 Virtual Graduation]

"The only thing that will make you happy is being happy with who you are."

GOLDIE HAWN

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