

## SUMMER NEWSLETTER

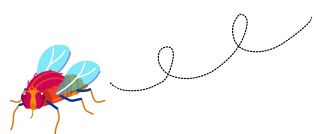


### Welcome to the Mary's House Community Newsletter!

I have enjoyed getting to know those of you who I have already met! We hope you'll take the time to read this newsletter and gain some knowledge about the opportunities available to you at Mary's House.

**-Becky Gagne**  
Director of Housing

#### CLEANING TIP: DIY Fruit Fly Trap



- 1 Pour 1 cup apple cider vinegar into a jar
- 2 Add a few drops of dish soap
- 3 Place the jar in an area with fruit flies

#### COMMUNITY EVENT:

#### Free Fitness Monday (Yoga)

Greeley Park in Nashua, NH  
Monday August 14th  
6pm-7pm



#### UPCOMING ACTIVITY:

## BINGO!

Prizes include: gift cards such as Walmart, Shaws, and CVS. Laundry coins. Plus others!

### Wednesday August 23rd

11am - 1:30pm

and

2pm - 3:30pm

Lunch served in between!

Boxed lunches are also available if you can't attend

Please register with MaryAnn if you'd like to participate!



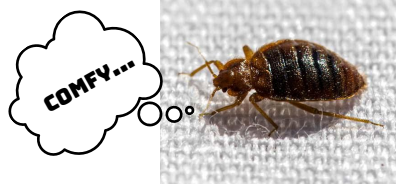
#### WORD SEARCH

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G	V	O	E	H	O	H	C	S	X
Z	M	O	A	J	S	U	W	H	L
V	P	R	C	G	A	M	S	E	G
Z	S	C	H	A	B	I	U	L	G
Q	M	H	P	U	D	D	N	L	V
T	M	C	A	G	Z	E	N	L	C
J	Z	C	B	D	G	P	Y	B	F
H	P	W	B	P	E	J	L	H	X
O	R	U	H	P	I	C	N	I	C

#### RULE CLARIFICATION

**PLEASE WASH ALL DONATIONS WITH  
HOT WATER BEFORE BRINGING THEM IN**

Help avoid bed bugs and pests



Contact staff as soon as possible if you spot any

Picnic      Shell  
Beach      Shade  
Sunny      Humid





## The Nashua River (Downtown)

This picturesque river can be seen through downtown Nashua. Some great spots include Main Street and anywhere near the red brick of the Mill Yard.

## WELLNESS MINUTE

### Enjoy Being by Water

Throughout history, healers and practitioners of medicine have marveled at the healing effect of water. This still holds true today, as being around water is proven to decrease stress and causes the body to release chemicals that reduce blood pressure and bring down your heart rate.

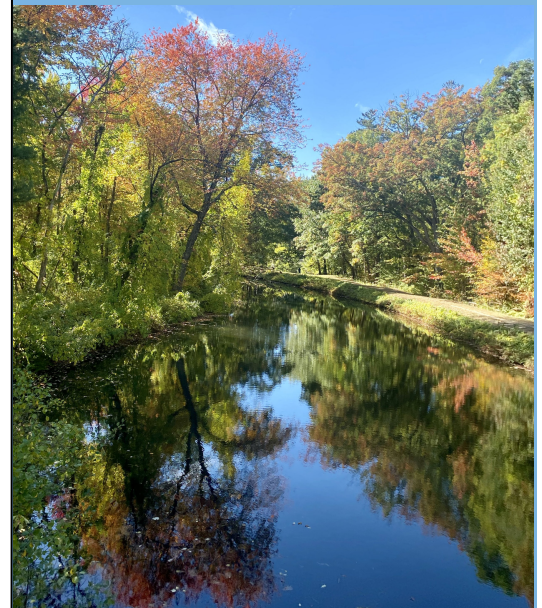
Symptoms of depression and other mental health ailments can improve if you spend as little as 10 minutes next to a body of water. It is said to help your mind quiet and allow time for reflection that is clear from anxiety while bringing a sense of gentle awareness.

Looking at bodies of water also irrefutably produce a sense of awe in the world. Thoughts that are often turned inward are turned outward and can lead you down a path of exploration of things that are bigger than one's self.

Water is such an important aspect in all elements of life. It keeps you hydrated. It helps produce food and enrich them with minerals, and it can help bring moments of balance to your life if you take a small moment to sit, look, and listen.

## Mines Falls Park

You can walk right alongside the Nashua River on this vast expanse of easy to walk trails that cut through Nashua. With multiple exits and entrances, you are bound to see a new stunning view of the water every time.



## WE WISH A VERY HAPPY BIRTHDAY TO...

- Charlene K 7/4
- Dotty R 7/9
- Ren N 7/15
- Sandy N 8/9
- Candida C 8/22
- Marilyn D 8/25
- Madelin M 8/29
- Valerie R 9/20
- Kimberlee B 9/21

