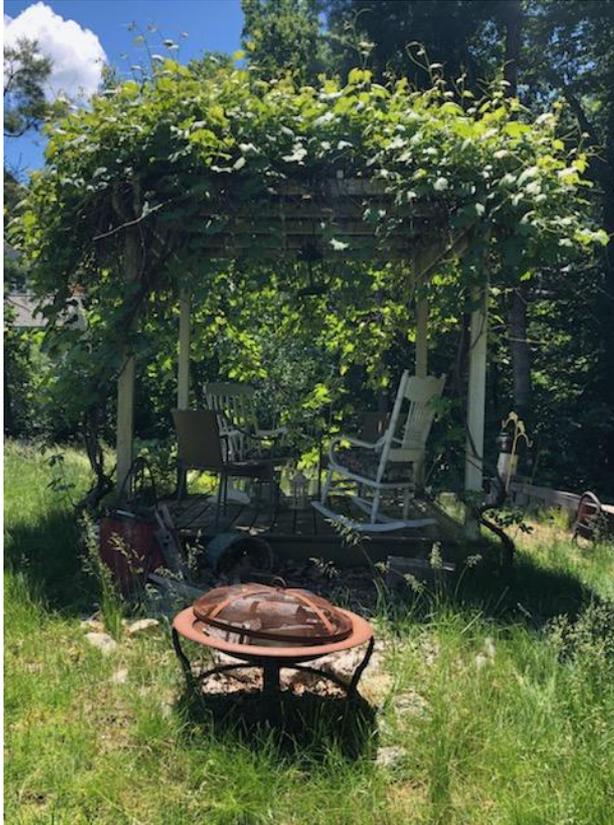


A COMMUNITY OF WELLNESS

COLBY DUDAL
NEWSLETTER 12

THE BEAUTY OF NATURE

Throughout this time, we have been told to stay away from family, friends and loved ones, many of our favorite places have been temporarily closed and some of our summer plans have been cancelled. Fortunately, nature is one aspect of our life that will always be there no matter what is happening in the world and no matter what season it is. In recent months we have seen weather get nicer and the beauty of summer has shown itself once again! Here are some of the many aspects of nature that Community Crossroads employees have been seeing recently!



We enjoy having a vegetable garden, flowers and a great place to enjoy the view - Colby



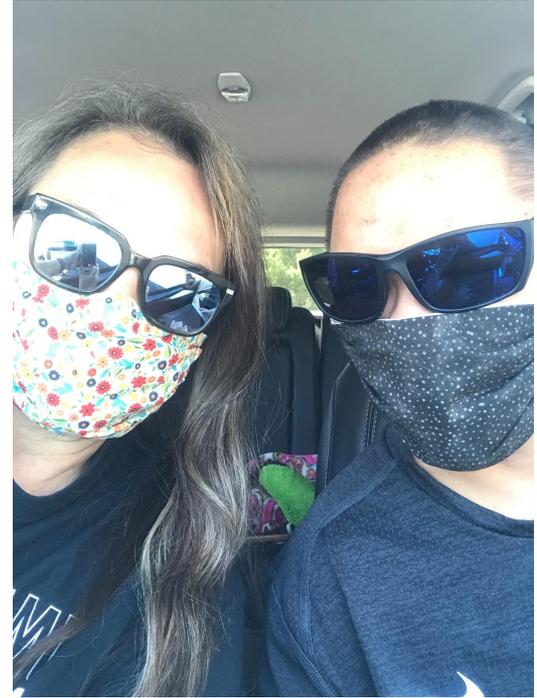
Gardening has been a fun way for Crystal N. to get out more. Some lettuce and early radish has begun to pop up.

Sent in by Maura



“A guardian and his staff on my caseload are really proud of William being able to handle and really embrace his responsibility of the use of a mask and gloves and practice social distancing. Even with Autism and the sensory issues that go along with all these changes, he was able to go with the flow with the restrictions. His mother (guardian) and PDMS staff were hoping that he could be recognized for this achievement.”

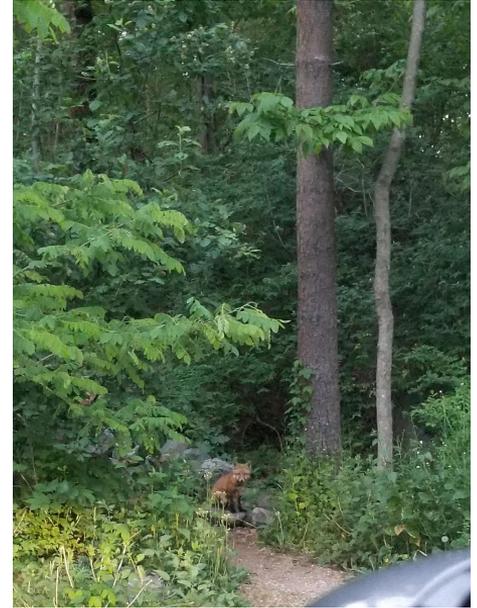
- Bea



**Patrick made a
flower/plant garden. -
Sent in by Kathy D.**



Echo beach and the bike trail that goes around it in Franconia Notch. - Sent in by Danielle



“In the parking lot of a park in Kittery Maine we were able to say hello to this friendly fox. - Sent in by Bea

CHECK OUT OUR WEBSITE

[PTSD Awareness Month](#)

[Local High School Seniors Selected for Community Crossroads' Scholarship](#)

NATURE'S WAY

by Lenore Hetrick

The little tree by the old road fence
Grew in the summer sun.
"I want to grow tall," said the little tree,
"And growing is so much fun."

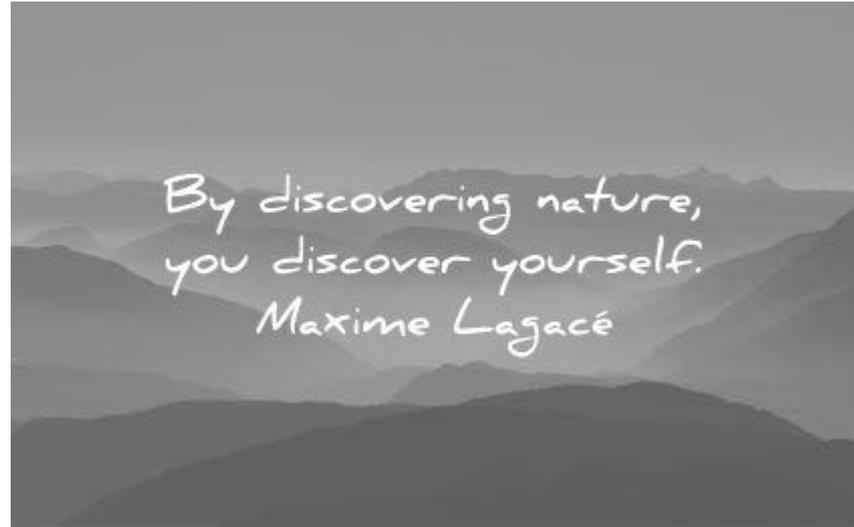
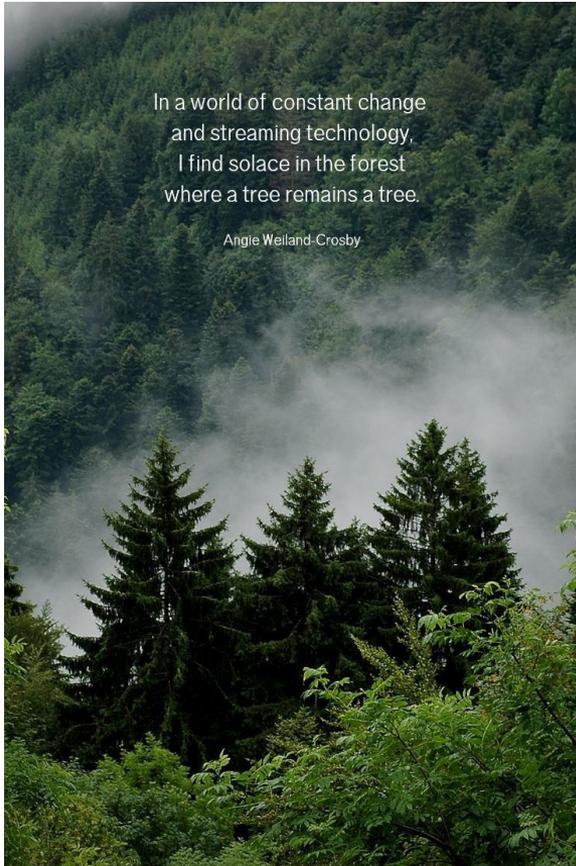
The little brook running beneath the bridge
Babbled and sang all day.
"I want to become a river," it said,
"So I'm hastening on my way."

The little bird fluttered from out the nest,
And flew far across the yard.
"I'll be a big bird," said she and twittered,
"If each day I try real hard."

The little boy stood on his tiptoes and stretched.
"I'm just like the rest," said he,
"I want to grow up and see the big world -
And the sooner the better for me!"

Mother Nature smiled at all her fledglings,
But she did not bid them stay.
She knew that to live and grow and age
Is forever Nature's way.





Keep the nature pictures coming!