

# Bird's-eye View

New Heights, Danbury Conn.  
September 2021

September's another growing season



September was filled with reflection. Remembering those we have lost, remembering our back-to-school days, and all the while looking forward to a new colorful season.

# Autumn is upon us!

Autumn is my favorite time of the year. I love the weather, festivities, and Thanksgiving. The weather is a comfortable cool without a bite in the air like winter.

The leaves – red, orange, and yellow – dance on the treetops with the wind. It is a time for apple picking, scarecrows, pumpkins, and hayrides.

In autumn we celebrate Thanksgiving, my favorite holiday. Thanksgiving is a time of the year family and friends gather over a feast to be grateful for their blessings that year. It is not a materialistic holiday.

Autumn is a season that for me, rocks and rolls.  
- Angelina

I like Friday – school was out for the weekend. I like spring and fall.  
- Al

My favorite season is summer, but when September comes, the bees are out, and they are all over the place. My favorite thing about fall is the reintroduction of pumpkin spice. I love pumpkin spice coffee, donuts, and baked goods. Also, Thanksgiving brings back a lot of nostalgia of when I was younger and the big dinner with the football games. I loved the pies when I was younger. Especially pumpkin and sweet potato pie with ice cream and whipped topping. However, fall leads to winter and I don't like the cold.  
- Andrew

A time to remember our days of youth.  
Preparing for school growing up “foolproof”  
Reflecting on how  
Things are different now.  
Years have passed – we are not who we used to be  
Life has led us to a different tree

Some trees show growth, some remain stunted.  
Some show beauty, some bear fruit.  
Which of the choices have you picked?  
Are you the fruit or the tree that got sick?  
- Dolly

Sept. 1960's DFH

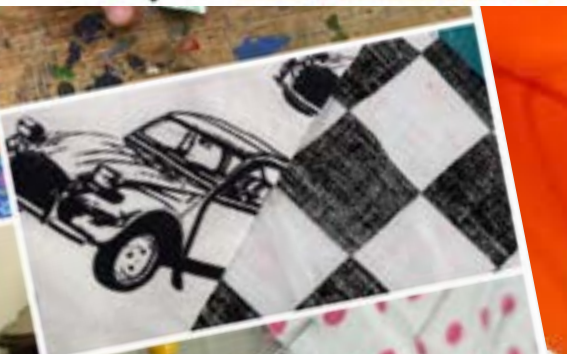
First week of first grade  
After a summer in the woods  
Settling back into routine  
Everyone behaving as they should.  
Brothers, sister, mom and dad  
Even all the pets are surprisingly glad.  
I wonder why, I do not know-  
Too much country, no rules to follow?  
- Dorothea

Going back to school was really fun and I enjoyed it so much. I read some of the chapters in languages, in advance, so when the teacher taught, I could answer the questions – and all the others were surprised. I like to read the stories in languages. Seeing my friends after two months of vacation and listening to their tales – what they did on vacation – was really interesting to me. The new teachers and the new lessons are what I always enjoyed. I was so happy to see everyone in their new uniforms. I graduated from school in India. September starts the monsoon season – it rains for 3 months. The raindrops are calming and relaxing after the hot summer vacations – I miss my time at school, and it would make me so happy if I could go back to those days again.  
- Hemant

What I liked most about going back to school was the new clothes, new teachers, and seeing old friends; and meeting new friends. I also like it when the leaves change and fall to the ground. I love hearing the crunching of the leaves and kicking them too.  
-Antoinette



It was another great month for crafting. We made lavender filled comfort wraps, custom face masks, and check out this dream catcher from Star Gazer!



MISSING  
Pieces

My favorite memory of my nana is how she and I would spend time together by going out for ice Cream soda's (floats) and making homemade banana bread.

-Anne K.

Today is my mothers' birthday. She passed on 12-13-2011.

Early spring in 2012 my daughter and I were having a picnic lunch outside. A white butterfly came and landed on my elbow, staying there for a good minute. It continued to fly around and hang out with us for almost the whole time we were outside. I do believe it was my mother and she wanted to say she was still with us. When I mentioned that to my daughter, the butterfly went over to her.

I have missed all that passed- most of all Vicki – we were best friends. We talked about everything – good and bad. She talked a lot about the different unusual foods she made and wanted to try. She was a meat eater and I am a vegetarian. She was always saying sorry if she talked about meat. I would be ok with it if it wasn't gross. She was always interested in the food I made and brought in for lunch. I would try to bring extra food for her to try. She enjoyed all of it. Even though its been a few years, I still miss her every day.

-Antoinette

I remember my father who is now deceased, about 30 years. He was a wonderful person and dad. He carried me on his shoulders when we went to the ocean. In the winter he carried me with a woolen blanket. I remember how safe I felt with him.

-Roseanne

# September 11th, 2021

## This year marks the 20th anniversary of the September 11th terrorist attacks on our nation. New Heights members shared their own memories and visited Danbury's own memorial at Elmwood Park.

*It was Tuesday morning at Jiffy Lube, our busiest day of the week. The radio DJ announced the attack on the Twin Towers in New York and that over 1,000 people died.*

*Everything stopped at the shop, and we listened in surprise. Our supervisor sent us home and closed the shop. It seemed like the country was going to war- like Pearl Harbor- which we were!*

*-Clayton*

*I remember September 11, 2001- I was in graduate school at the University of Virginia (UVA) and my friend Tim came and told me at my lab downstairs that the World Trade Cent been hit. I went to his lab, and I was watching the news feed when the second building was hit. I was shocked that that had happened. I later found out about the Pentagon and Pennsylvania planes had hit/come down respectively. I was one of the few American graduate students, and felt alarmed that five of the fellow students had problems due to their countries of origin.*

*I felt verj'67~~~~~YUHB y alone, but I had to keep working.*

*-Andrew*

*I still remember how blue the sky was on that fateful day. September 11, 2001 was a perfect day to be alive, as is the current day and future days to come.*

*-Manny*

*I remember 9/11 as if it was yesterday; just like today (9/11/21). There was hardly a cloud in the sky- There was a hurricane predicted for the day, but it went out to sea the night or day before. Even though it was a VERY tragic day for our country, and the world came together as one.*

*-Antoinette*

*Since 9/11, I lost my dad in 2009. That was one loss.*

*My great-aunts Anne and Betty and Mary all died after 2001.*

*I've become stronger since 2011. With MHA and New Heights help,*

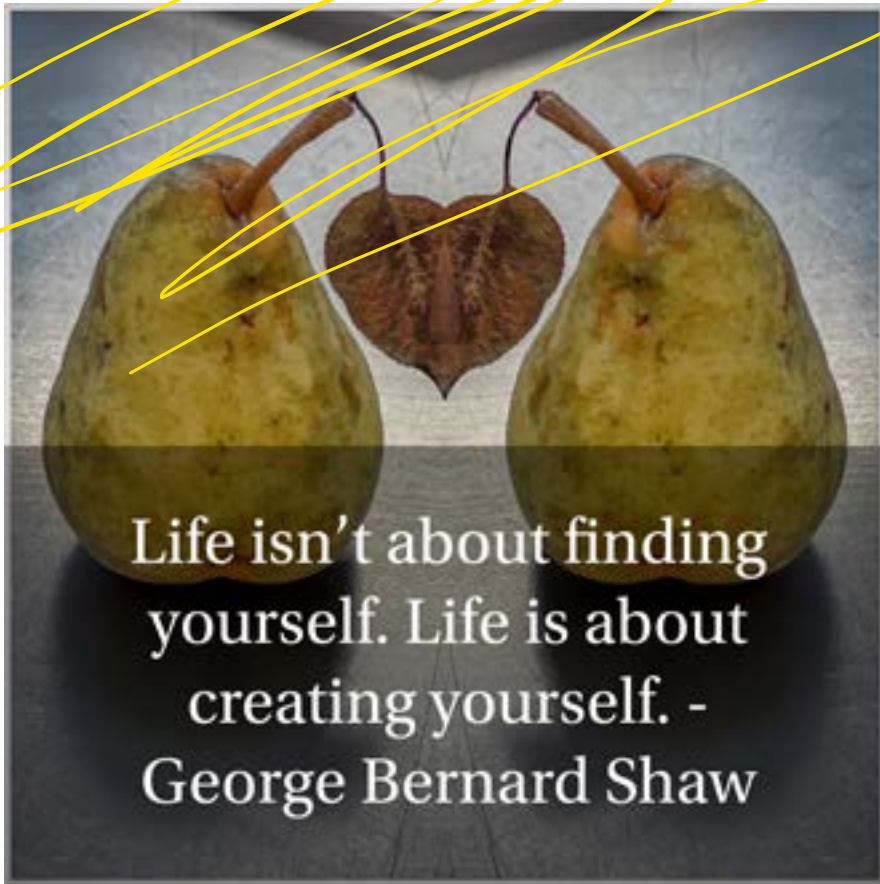
*I feel pretty good. Getting along good with family.*

*It was a sad event on 9/11.*

*-Mindy*



September winds  
blew in creative whims.



Life isn't about finding  
yourself. Life is about  
creating yourself. -  
George Bernard Shaw



Grateful

Perched atop clouds of nine  
Waiting out summer's time,  
Anticipation for what nature annually bestows  
Branches adorned with pretty bows,  
Apples, gourds, and pumpkins abound  
Acorns landing, that distinctive sound,  
Cool breezes that caress my face  
As if brushed by the softest of lace,  
Visions of autumnal-colored scenes  
Enchanting vistas born from meditative dreams,  
Hot beverages in mugs of the season's motifs  
The playfulness of pirouetting leaves,  
Reaching out to catch my youth  
In order to learn that of my truth,  
Another year of birdsongs sung  
Another year wishing for forever young.

Jeff

## POETRY CORNER

Kate is our newest "artist-in-residence" that you will definitely want to meet. She has years of experience working as an art-therapy group leader. She came with a book filled with creative art projects and she's excited to share with New Heights members. Take a minute to see her working and say hello.

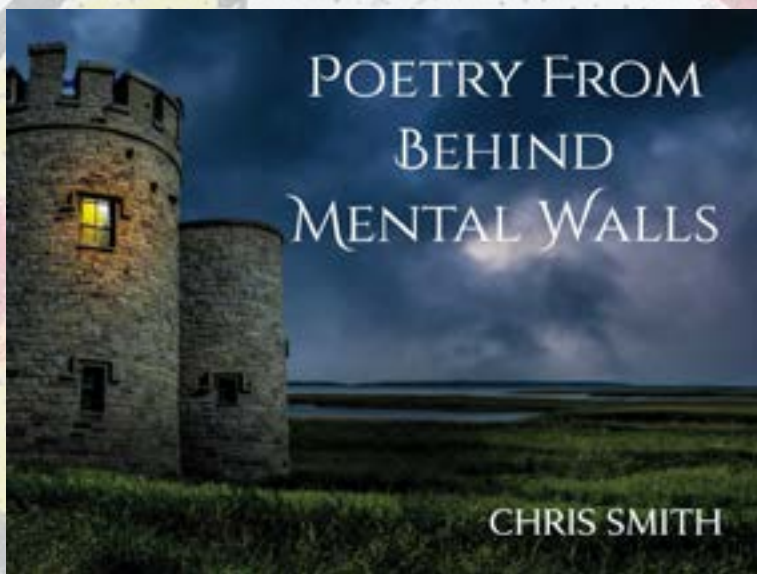
## OUR SUMMER WHITES WHERE TIE-DYED AWAY ON LABOR DAY

Actually, it was a few days after labor day that we held our first of two tie-dye parties this fall. With all the fun we had, and the surprising reveals, maybe it will become a regular social event.

Don't miss the next party on October 6th! But it's OK if you did, just put your ideas in our suggestion box and see what happens.



## *Tied, Dyed & In-print*



Our resident writer, Andrew, has published poetry from his experiences in dealing with mental health under the pen name Chris Smith. You can see his listing and pick up a copy on Amazon, Barnes and Noble and many other online retailers.

**GROW** through  
what you  
**GO** through.



*A special thanks to all the  
Bird's-eye View contributors – Bravo!*

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