



The Lukas Community

A residential community for adults with developmental disabilities.

"I feel truly blessed to have a resident living at The Lukas Community. It such a wonderful environment that enables everyone to thrive and grow!"



Lukas Community Newsletter

Fall 2019



Message from our Executive Director



Dear Friends,

Our Lukas family experienced many great adventures this year! As you enjoy the wonderful pictures in our newsletter, you will notice our residents with the beautiful smiles and closeness we all love. But take a closer look; we are out and about engaging in outings throughout New England!

Some of the highlights include:

- The whole community joined Linda for her birthday in Peterborough
- Invited Bailey to join us for Sunday Brunch
- The Ledgewood gang had a picnic at Ordiorne Point State Park in Rye, NH
- Echo at Hampton Beach playing in the sand
- A group trip to Southwick's Zoo in Massachusetts
- Frequent trips to swim at Cunningham Pond
- A parade in Hancock



- Becoming 'cultured' at the Keene International Day
- Hiking in the trails in and around Temple
- The entire community traveling to Alstead for the Michaelmas celebration for apple picking and pizza!



The connections our residents make with the larger community are just as important as the relationships we support every day at Lukas. Our mission is to support our residents and this philosophy of dignity, respect and our love extends its reach far beyond Lukas every single day. We see the incredible energy and happiness our residents bring to those who don't live at Lukas. It is these two-way interactions and relationships that we strive to encourage and grow.



Please enjoy these photos of our residents, house parents and volunteers as they enjoy the special outings and adventures that is part of our Lukas rhythm.



Kristen S. Stanton, Executive Director
The Lukas Community





Holi, a festival of colors



Apple picking on a beautiful day



Bailey visiting old friends for brunch

“Lukas has been a true miracle for us and our son. He loves his new friends and has shown such growth in his social skills. Most of all, he is happy and safe. We are so grateful to everyone at Lukas!”



Finding the perfect apple



Oh, how I like to go up in a swing! (RLS)



Echo Farm on a great day at the beach

“Patti and I both remember when we were first exploring Lukas as an option for Jeremy. We took him there for a tour and to meet some of the residents and staff. Jeremy was very excited and quickly ran up the stairs at Echo Farm. As he searched up and down the hallway we heard him ask loudly, “Where is my room?” In the 11 years since then he has continually been totally at home at Lukas. We and he could not be happier with his choice.”



Flower arrangements for Harvest Festival tables



Crafts and outings bring us beauty indoors and out.

The Lukas Community is made up of 40 people, including adults with disabilities, children, families, volunteers, coworkers, and staff, in four houses on 65 rural acres in southern New Hampshire. Programs include music, painting, animals, dance, therapeutic gardening, hikes, and cooking, and festivals, concerts, theater, and a wide range of community events.



Basketball at Temple Elementary School or hiking the trails



Therapeutic Riding at Touchstone Farm is a favorite.



“Our son, Daniel, loves being out and about. It doesn't matter where - hiking, grocery shopping, attending concerts. That's one of the reasons he is so happy at Lukas.

The program is not only loving and supportive within the community, it brings the residents into the community and helps them feel connected to and with the world around them.”



**Enjoying the sweets of Diwali,
the Hindu festival of lights**



“I can report that, during our weekly phone call, Hannah is always eager to tell me that “We went to such-and-such” or We saw ...” Clearly, she loves the outings. Also, “The cows are gone. They went to another farm. In Massachusetts.”



**Labor Day picnic at Crossroads on a
beautiful and perfect day**



Apple picking and pizza at Orchard Hill Bakery in Alstead, NH

