



Thompson House

Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

FALL/WINTER 2013

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2013-2014

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FRIENDS OF THOMPSON HOUSE

FALL WAS A BEAUTIFUL SWIRL of sight, sound, joy and laughter. And now as we welcome a merry holiday season, I am dearly reminded of our very special volunteer family. Thanks to you, our programs remain plentiful, informative, creative, soulful and loads of fun. Our rich calendar of events celebrates our wealth of talented, caring souls who volunteer. Your generosity of sharing your time and talent with us enriches the quality of so many lives. But most importantly, thanks for being here for me. I am honored to know you and I look forward to another season with you.

Holiday greetings to you and yours, warm wishes and many thanks for being part of our Thompson House family.

—Sandra Ware, *Activities Director*



A Thompson House resident shares a warm hug with a baby goat from the Retreat Petting Farm.

FROM THE OFFICE OF OUR MEDICAL DIRECTOR



Carolyn Taylor-Olson, M.D.
Medical Director

November, 2013

Volunteers!! We love you!!

For most of our long term care residents, Thompson House is likely to be their last earthly address. Volunteers bring a breath of community and home to our residents, who, for the most part, are unable to go out independently. Be it music, art, conversations, religion, celebrations, games, cooking, pet animal visits, and more, these are all part of what makes up a quality of life. And the extra measure of just being present, a tender touch or holding a hand, helps time to pass in a vibrant way. Our clinical staff does the medicine part. We need you, our faithful followers, to complete the care promise we hold for our residents. Thank you for **all** that you do and for **all** that you will do in the days ahead.

—Carolyn Taylor-Olson, MD

DEDICATION

WE HONOR our residents and the wealth of knowledge and wisdom they bring to us all. We honor our volunteers and say “Thank you” for all of the heart prints that you leave to nourish our souls.

SPECIAL THANKS

WE SALUTE Chuck Cummings and we remain very grateful for Thompson House’s Charles Cummings Activity Area. Thanks, Chuck!

SENIOR OLYMPIC UPDATE

THE 2013 SENIOR OLYMPICS were held at Applewood Center in Winchester, NH this year. It was a wonderful day and all who attended received a medal. Lucille M., Mildred C., Elfleda P., Peggy C., Jeannie K., and Natalie R. represented Thompson House. Jeannie K. assisted with the lighting of the torch. Elfleda won a bronze medal for horseshoes. Thanks Mac and Mary Jones, Shayne Berry, Kathy Clark and Amanda Scudder.

The Thompson House team brought home many medals from this year’s Senior Olympics.



THOMPSON HOUSE EXHIBIT

THOMPSON HOUSE EXHIBITS IN THE WINDOW OF KEY BANK: JUNE 15 - 28.

UPCOMING EVENTS

DECEMBER

- Dec. 12 Trip to West Chesterfield to view Christmas Lights
- Dec. 12 Spuds on the run
- Dec. 13 Diners' Club - order out Chinese
- Dec. 20 Retirement party for Toby Price
- Dec. 28 Shelly Sparks, flute
- Dec. 29 Eugene Friesen, cello concert

JANUARY

- Glee Club Concert
- Horse drawn sleigh ride (weather permitting)
- Pancake brunch

FEBRUARY

- Visit from Southern Vermont Natural History Museum

A TASTE OF BRATTLEBORO

MANY THANKS for our recent dining experiences which included:

- ◆ garlic hummus from the Brattleboro Co-Op
- ◆ lunch at the Marina
- ◆ a taste of VIP Pizza
- ◆ chocolate chip cookies, deviled eggs, thanks to Mary Jones
- ◆ popcorn made by Bill Tyler
- ◆ hot out-of-the-oven items made by Carol Eddy
- ◆ lox and bagels
- ◆ baked, stuffed shrimp by Julie Merrigan
- ◆ pickles made by Cook's Corner
- ◆ root beer floats
- ◆ A taste of local corn
- ◆ apple cider
- ◆ soft serve from Avenue Grocery
- ◆ Ice cream from Kono Ice Truck
- ◆ New England clam chowder at New England House
- ◆ monthly homemade cider donuts from Paradise Farm
- ◆ shrimp cocktail
- ◆ pumpkin pie from Vermont Country Deli
- ◆ apple pie from Dummerston Apple Pie Festival
- ◆ meat balls from Lin Taggard
- ◆ strawberries & blueberries from Eris Howe

DREAMS HAPPEN UPDATE



A recent trip to Mohegan Sun casino was a real hit for this group of Thompson House residents.

SEVERAL RESIDENTS have enjoyed having their dreams fulfilled. We fulfilled a trip to New England Center for Circus Arts where we provided a private 1-on-1 session with Serenity Forchion, founder; we took a trip to Winchester Stables Center for Therapeutic Riding for one horseback ride; we went bar hopping at the Marina with our 100-year-old resident; we enjoyed violin time with Brattleboro Music Center violinist Michele Liechti and musician Phil Bloch; we held an afternoon of dancing with Fred Brunig; we enjoyed a lobster lunch; we went to the Calvin Coolidge Estate; and we gambled at Mohegan Sun. Think of what your dream might be?

A SAFETY TIP FROM GENESIS REHABILITATION SERVICES, OUR REHABILITATION SERVICE

Stay safe behind the wheel this winter

THE CHANGE TO COLDER WEATHER in many parts of the country also brings more hazardous driving conditions. This year, December 2nd – 6th marks the American Occupational Therapy Association's (AOTA) Older Driver Safety Awareness Week. The week is aimed at creating awareness of the solutions available for older adults. For example, there are a number of inexpensive devices that can help make driving safer year-round.

Volunteer Quote

The fun and reward in being a volunteer is in knowing that although what I do is in the background and mostly out of sight, it gives the residents more support time from the staff as the staff is freed from some of the mundane yet important tasks of administration.

—CHUCK RANNEY, VOLUNTEER



PEDESTRIAN SAFETY AND WHITE CANE AWARENESS

THE RESIDENTS of Thompson House have been very concerned with the recent increase in pedestrian casualties. The 2nd annual Thompson House Pedestrian Safety and White Cane Awareness rally was held in October. It was a chance to bring awareness to the issue of pedestrian safety on our roadways and cross walks. That day also honored the many achievements of blind and visually impaired Americans in our communities and across our land.

CULINARY NEWS

Fitz Vogt & Associates Welcomes New Director of Thompson House Food Services

VINNY MILANO describes himself as a city boy from New Jersey, transplanted into the countryside of New England. He is a proud father of four, a writer, and a cook with a ravenous appetite for good and interesting food. "My goal, as I take over a wonderful facility and staff, is to continue the legacy of high standards that preceded me and to take the culinary and service ends to even higher levels." We have enjoyed weekly buffets and great cocktails. And we look forward to monthly cooking shows. Welcome, Vinny.

COOK'S CORNER & COMMUNITY OUTREACH

A BEAUTIFUL VERMONT FALL gives way to a clean, crisp Vermont Winter. The group has been quite busy making all kinds of cookies as well as trying some new items of interest. The specialty for the month of October was homemade beef stew prepared by the group and enjoyed at a group dinner which also included a homemade lemon meringue pie. We brewed mulled cider and all residents were able to have a taste of Fall. The group continues to participate in sandwich making as a community project for the Loaves and Fishes. This past month, we had two volunteers help us and sometimes time is short, thank you to Jean and Betty. The Sunset Cooking Group has enjoyed the smells and tastes of different items which they highly enjoy. The Sunset Dining Group is going well and can be quite interesting, as reminiscing is usually the main topic of conversation. Happy Holidays and Happy New Year to all.

—Kathy Clark, *Cook's Corner*

HOLLANDS BLOOM

Thank you, Linda Bailey.



Beautiful flower gardens, flower beds, Fall & Winter arrangements

254-6965

Avenue Grocery

82 Western Avenue, Brattleboro

GENERAL STORE
7 AM - 9 PM

HOT DOGS • GROCERIES
SOFT SERVE ICE CREAM

257-1846

Cortland Hill Orchard



Miller Road
West Brattleboro, VT

Nancy Miller

254-6925

New England House

254 Marlboro Road
Brattleboro



254-6886

Volunteer Quote

"I enjoy the smiles on the faces of the residents knowing I'm here to have fun with them. I like to keep their minds at ease and distract them from any worries or fears they have."

—AMANDA SCUDDER, *ACTIVITY LNA*

PARADISE FARM SUGARHOUSE

Rte. 9/Marlboro Road
Brattleboro, VT 05303-2358

(802) 258-2026

Thanks for monthly cider donuts & coffee!



Born to be wild! Residents enjoyed a motorcycle cruise-in, brought to us by David Emery and the Red Knights.

THOMPSON HOUSE GLEE CLUB

THOMPSON HOUSE GLEE CLUB meets monthly under the direction of Becky Graber, Director of The Women's Chorus. Our last concert was held in Pliny Park in August. Our next concert will be held in January. This event is open to the public.

SHARING YOUR LIFE EXPERIENCES

WE ALWAYS WELCOME:

- ◆ travel slides
- ◆ collections to share
- ◆ singers, musicians & performers
- ◆ small animal visits
- ◆ gallery exhibits, art & sculpture

WINTER HEALTH TIPS

...from your friendly infection control nurse:

1. Get your flu shot.
2. Get plenty of rest.
3. Don't forget to exercise.
4. Eat right.
5. Wash your hands often, especially when in the nursing home.
6. If you are ill, stay home and take care of yourself.
7. Enjoy the seasons & have fun.
8. Know that we all appreciate everything you do for the residents of Thompson House.

Have a great holiday season!

—Sandy Merkle, RN
Infection Control

THANKS TO EXHIBITORS

- Richard Sainsbury – English exhibit
- Putney Grammar School – artwork
- Guilford School – monthly donations
- Sandy Merkle – knitting exhibit
- Erin Clark – photography
- Nelson Fontaine – magnet exhibit
- Grace LaFountain – magnet exhibits
- Harvey LaFountain – hat exhibit
- Robin Stronk – art exhibit
- Polly Wright – art exhibit
- Marie O'Brian – hat exhibit

A special thanks to all who participated in our Country Fair exhibit hall.

GENTLE REMINDERS

- ❖ When in communication with our folks, please be aware of who is hard of hearing, who may be cognitively impaired, and who may have visual impairments or other barriers which may impact the way in which they respond.
- ❖ Remember, nicknames are only permitted with resident's approval.
- ❖ Please wear a name tag.
- ❖ Please knock on doors before entering.
- ❖ Please remember to respect the confidentiality of our residents.
- ❖ Make sure you are aware of any and all dietary restrictions before serving residents any food or drinks. Can they feed themselves? Do their liquids need to be thickened?

—Sandy Merkel, RN
Infection Control

LIKE US ON FACEBOOK...

WE WELCOME NEW FACES

Doris Dearborn
Judy Abascal
Judy LeFevre
Edna Fletcher
Peg Lemnah
Margaret Bemis
Shelly Sparks

WISH LIST

WE ARE ALWAYS GRATEFUL FOR:

- ❖ liquor for special events
- ❖ plastic glasses for cocktails
- ❖ gifts for birthday presents
- ❖ scarves
- ❖ current magazines for our magazine rack
- ❖ chocolate for "A Taste of Chocolate"
- ❖ scratch tickets
- ❖ playing cards

THOMPSON HOUSE MAKES THE NEWS

◆ Brattleboro Reformer, *Fall, 2013*

Vera Harrington of Newfane celebrated her 102nd birthday with some of her children and grandchildren at Thompson House. When asked if she had any advice for others, Harrington said, "The one most important word that you have to remember in your life is 'patience.' "You have to learn to have patience and love no matter what."

◆ Brattleboro Reformer, *Fall 2013*

Thompson House resident Gladys Earle, former coffee shop manager, visits the new coffee shop at Brattleboro Memorial Hospital. (Gladys visits the coffee shop on the 1st Tuesday of every month, at noon. Come and say "hello.")

◆ Brattleboro Reformer, *Fall 2013*

Owl presentation from Southern Vermont Natural History Museum.

DAILY QUOTE:

"Let's live in the moment."
—Sandy Ware, *Director of Fun*

WE WERE THERE – Thompson House presented a booth at Wellness in Windhan Health Festival, thanks to Shayne Berry and Connie Healey.

VOLUNTEER WISH LIST

- ❖ Volunteer to read to residents
- ❖ Volunteer to read *Brattleboro Reformer*
- ❖ Volunteer to play Scrabble
- ❖ Volunteer to show cinema programs
- ❖ Volunteer to lead men's group

GREEN MOUNTAIN ORCHARD

West Hill, Putney, VT



387-5851

AMY'S BAKERY

113 MAIN STREET
BRATTLEBORO, VT 05301



(802) 251-1071

The Marina

(802) 257-7563

Putney Rd., Brattleboro, VT 05301



VermontMarina.com

Thanks, Kate.

Retreat Petting Farm

LINDEN STREET

257-2240

Thanks for goat visit, Fall 2013.

KONA ICE

of New Hampshire

(OUR DING DONG CART)



Jim & Sharon Sweeney

(603) 903-1300

HAPPY HOUR SERVICE

Cheese & crackers
courtesy of

**Grafton Village
Cheese Company**

www.graftonvillagecheese.com

Thanks, Lin Taggard.

NEWS YOU SHOULD KNOW

- We were visited by the 5th-6th grade Student Council from Oak Grove School. Thanks to Sue Strong.
- Franz Robert, a 15-year-old jazz prodigy, visited and presented a program for us.
- Many spooks dressed up during Halloween week festivities: residents, staff, volunteers, and board members. Thanks to Betty Tyler, Donna Borofsky, and Trudy Crites. Kudos to Marie Waugh, Marie O'Brien and Julie Shonbeck for a great costume parade.
- Our Library is getting a new look thanks to Jeanne Walker and Edna Fletcher. Drop down.
- Thanks to Tony Foltz, a new framed poster of Saratoga Racetrack hangs on the wall of the Charles Cummings Activity Area.
- David Schoales, selectboard member and Thompson House volunteer, recently reported on Town of Brattleboro selectboard meetings. He will continue to share with us every other month. Friends and families are invited to join us for Mocha Joe's coffee and politics.
- Thanks to Richard Guthrie for a moving veterans program, a monthly current events program, and ongoing financial support.
- We continue to thank Mark Malloy, one of our nurses, for our weekly licks of love with "Ronan", for seasonal horticulture programs, and sporadic flower arranging events.
- We want to give thanks to Dr. Ron Veenam for community Bible Chapel, music, and message programs every other Sunday. Thanks, Ron.
- Many thanks to Judy Abascal, co-organizer of Coffee Break and communications volunteer.
- We have more than 150 volunteers who hail from all walks of life, span all ages, and volunteer sometimes weekly, monthly, or seasonally.
- We have enjoyed lectures on mental health by Mary Ellen Copeland; a lecture on birds with Chris Petrak; a lecture on Montpelier from Molly Burke; a New England slide show with Les Sherman; and A Look in the Rear View Mirror with Bob Engel.
- We are always nostalgic when we are greeted with the "Jim Kurty" show. Thanks, Jim.
- We enjoyed the antique car cruise-ins with Frances Temple and John and Robin Stronk.
- Thanks Hallowell Singers for quarterly concerts.
- We always enjoy our Argentine Tango dancers.
- Watch for high stakes poker games in the back room. Thanks David Schoales.
- Residents donated \$25 to the Alzheimer's Walk.
- The residents have hosted two baby showers – one for Dane Rank and Maura Shader, and one for Jason and Katie O'Brien.
- Special thanks to Dawn Kersula for New Mom's Network baby visits.
- We enjoy red carpet greyhound fashion shows quarterly, thanks to Doreen Wonderlick.
- Thanks to Stuart and Bev Thurber for a Fall farm update and veggies.
- Tim O'Connor can be found playing Irish music at Thompson House. Thanks, Tim.



Administrator Dane Rank and board member Donna Borofsky clown around on Halloween.

INTRODUCTION TO SPANISH 101

THANKS to Judy Abascal and her Mom Rosa, we are learning Spanish. "Tequiero" – I love you – sounds like – Ta Key air o. Adios, Amigos.

WALK FOR ANIMALS

RESIDENTS of Thompson House participated in the annual fundraiser for the Windham County Humane Society on September 27, 2013. Over \$100 was raised from our community service endeavor, thanks to Laurie Chipperfield and Jean Momaney.

PLEASE VISIT OUR WEBSITE:
www.ThompsonHouse.info

HOW CAN WE ever say “Thank you” enough to the following staff, residents, families, volunteers, and Board members? One big “Thanks” for all you do!

SPECIAL THANKS

Lafountain family – cocktail glasses
 Sue Cleveland – monthly donations
 Chuck Cummings – greeting cards
 Donna Borofsky – greeting cards
 Tina Blust – birthday gifts
 Doris Stephens – monthly decorations
 Lisa Ogden – wine
 Jan Brown – wine & crackers
 Richard Sainsbury – ties & books
 Renee – gourds
 Judy Holden – holiday presents
 Aspire YMCA Academy after school program (Via) & Senior Center (Debbie Reed Savory) – thanksgiving decorations
 Taking Off Pounds Sensibly – gifts
 Laurie Chipperfield – travel lotions
 Julie Shonbeck Family – books on tape
 Putney Grammar School – pumpkins
 Eleanor Robinson Family – chocolate & napkins
 Betty Tyler – cutting board
 Nancy Buckingham Family – champagne
 Jean Momaney – peanut butter & jam
 David & Janet Putnam – wine & candy
 Rita Lashway – hats & scarves
 Ruth Struthers Family – chocolate
 Tony Foltz – pennies & scratch tickets
 Dennis & Debbie Baker – corn stalks

SPECIAL KUDOS

Family of Doris Lemnah – financial donation (Thank you for your kind words and generosity!)

Thanks to staff who go above and beyond the call of duty to aid in activity success. Apologies to anyone not mentioned in the *Volunteer Gazette*.

THANK YOU

Thanks to all who helped with our fundraising efforts at the Vermont Welcome Center. We raised \$1600.⁰⁰ for the Activities Program.

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 Brattleboro Food Co-Op
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 Melinda Taggard
 Laurie Chipperfield
 Judy Abascal
 Kathy Clark
 Nancy Lord

A Thank You was printed in a letter to the editor of the *Brattleboro Reformer* on Sept. 30th.

The *Volunteer Gazette* is published quarterly by the Activities Department at Thompson House.



Thompson House

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