



Thompson House

# Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

SPRING 2018

BRATTLEBORO MUTUAL AID  
ASSOCIATION, INC.  
2018

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## FRIENDS OF THOMPSON HOUSE

A GREAT BIG THANKS for celebrating another fantastic holiday season with us! It's been a wonderful and exciting Winter here at Thompson House. Although Winter has been great, we look forward to a beautiful Spring. Thank you to all our volunteers who continue to make it possible for us to provide a varied activity program. I wish you all the best for 2018!

—Shannon Bratcher, *Activities Director*



Thompson House residents had a wonderful visit to Winchester Stables in Newfane, Vermont on a beautiful day. Our sincerest thanks to the kind folks at Winchester Stables who brought out horses and our good friend Franko the Donkey.

## NEWS FROM THE OFFICE OF OUR ADMINISTRATOR



Dane A. Rank  
Administrator

February 2018

Dear Friends, Families, and Residents,

Thompson House and Brattleboro Winter Carnival have teamed up for a frosty fundraiser!

The **2018 Winter Carnival Ice-Out Contest** is a raffle whose winner will be the person who most accurately guesses the date and time that the ice on the Retreat Meadows melts to the point where any part of Frosty falls through the ice. You will see “Frosty,” the Winter Carnival mascot, sitting on the ice across from the Retreat farmhouse. When Frosty falls through the ice, the clock stops. The winner is the person who most accurately predicted the ice-out time. Here’s your chance to win 1/3 of the net proceeds raised. Proceeds benefit Brattleboro Winter Carnival and Thompson House.

Tickets are available at Thompson House, Baker’s Hallmark, Brattleboro Elks Club, Brattleboro Savings & Loan, Community Bank, Green Mountain Market, Rentals Plus, Retreat Farm, TD Bank, and The Shoe Tree.

Rules are available at: [www.brattleborowintercarnival.org](http://www.brattleborowintercarnival.org).

Thank you all for again supporting Thompson House and our mission in our community.

Sincerely,



Dane A. Rank, *Administrator*

## UPCOMING EVENTS

### MARCH

Spa Day

New England Center for Circus  
Arts young performers

Van rides monthly,  
thanks to Mac Jones

### APRIL

Volunteer Dinner

Shopping Trip

### MAY

May 6 Memorial Service

May 13-19 National Nursing  
Home Week

## HEALTH TIPS FOR SPRINGTIME

**SPRING IN VERMONT** is a great time of year. Plants are coming up and everyone is anxious to get outside. Make sure during this time that you stay healthy, because it is easy to catch a Spring cold. You should continue to follow the golden rule of infection control and keep up with all the important things you should do:

- ❖ Eat a well-balanced diet
- ❖ Get plenty of rest
- ❖ Wash your hands frequently
- ❖ Exercise
- ❖ If you become ill, stay away from other people.

Enjoy the great outdoors,  
Spring, and stay healthy and well!

—Sandy Merkle, RN  
*Infection Control*

## THOMPSON HOUSE RESIDENTS SHINE AT 2017 SENIOR OLYMPIC GAMES

**T**HE 2017 SENIOR OLYMPICS were held at Applewood Rehabilitation Center in Winchester, NH on September 7, 2017. Dedicated to promoting healthy aging through sport, the Senior Olympics was a great opportunity for Thompson House residents to join with other senior Olympians throughout the northeast. This year's participants ranged in age from 50-99.

Events included bowling, wheel chair racing, horseshoes, darts, and more. Our team, including Bob M., Ruth S., Nat R., Molly F., Thelma M., and Joanne H., gave it their all and won the silver medal in darts! "It was a beautiful day, and we all competed to the best of our ability, and I took home two medals, one for darts and one for participation," said Bob M. "I haven't worked this hard in years."



The Thompson House team brought home many medals including the silver medal for darts in the 2017 Senior Olympics.

## MANY THANKS TO OUR VOLUNTEERS:

- Big Thanks to our friends at the **Guilford School** for bringing the children to sing to the residents and brighten their day!
- Big Thanks to **Margo Langlois** for reading stories to the residents once a month. Thanks also **Margo** and **Richard Langlois** for doing a dancing performance for the residents a few times throughout the year!!
- Big Thanks to **Charlie Marchant** for leading an interesting history group monthly with many old photos for us to enjoy.
- Big thanks goes out to **Chuck Ranney** for helping out weekly in the activity department and keeping our card rack neat and organized, with the current upcoming holiday greeting cards made available.
- Big thanks to our new volunteer **Theresa Zielonko** for the upkeep on our library, making it nice and organized for the residents!
- Thanks to **Lin Taggard**, **Jude LeFevre**, **Susan Maltese**, and **Toby Price** for fun and exciting Happy Hour weekly.
- Big Thanks to **Bill Tyler** who provides popcorn for the residents every Friday!
- Big thanks to **American Legion Band** and the **Residential Jazz Band** for the holiday concerts.



- Big Thanks to **David & Shirley Emery** for Santa Visits and for helping the Activities Department to distribute gifts to every resident!
- Thanks to **WOW Frozen Yogurt** for continuing to provide a variety of flavors once a month including a non-dairy and sugar-free frozen yogurt so everyone can enjoy it! We typically get 5 to 6 different flavors each month.
- Big thanks to **Susan Maltese** for helping out every week with Bingo and Happy Hour, and for the many bottles of wine she donated!
- Big thanks to **Ron Veenema** for providing us with community Bible Chapel twice a month on Sundays and thanks to **Rick Kenyon** who fills in for Ron when needed.

- Thanks to **Larry Farley** for providing a peaceful worship service once a month.
- Thanks to **Susie Toleno** for providing an amazing worship service once a month.
- Big Thanks to **Mary** and **Paul Miller** who provide the residents with a fun weekly bible study!
- Many thanks **Mac Jones** monthly van rides.
- Thanks to **Todd Kelley** and **Cheri Bishop** for the beautiful snowflake decorations made for the middle level dining room!!
- Thanks to **George & Polly Pond** for the trip to Bright Nights holiday light show, followed by dinner, and for Bingo on Tuesdays.
- Thanks to **Nancy Tierra** for yoga and movement therapy twice a month.
- Thanks to **Lynette Hamilton** for bringing Jenny in for pet visits once a month.
- Thanks to **Barbara Dunn** for her weekly companion visits.

### KRAFTY KORNER

**T**HIS ACTIVITY has been quite busy this season. In the Fall, we made sand art. Using sand made of ground colored chalk, we created unique and beautiful art. We adorned the birdhouse Christmas village with the addition of our hand-crafted birdhouse gazebo. We also made our own Christmas tree ornaments, stuffing plastic balls with bright foil and hanging them on the tree. We had a Jewelry Hodgepodge Day (a lot of pretty pretties). More attended the Christmas card making this year, and a large group made little Christmas wreaths for their rooms. Spring is just around the corner and it is time to think of new ideas. We always have an eye on Pinterest.

—Kathy Clark & Meredith McDonald  
*Krafty Korner Coordinators*

### VOLUNTEER WISH LIST

- ◆ Volunteers to be a friendly visitor
- ◆ Volunteers to sit outside on the patio with residents
- ◆ Volunteers to bring gallery exhibits, art, and sculpture
- ◆ Volunteer to lead a craft class
- ◆ Volunteer to bring friendly dogs/pets to visit
- ◆ Volunteer to read to residents
- ◆ Volunteers to bring antique cars to visit

## LOBSTER LUNCHEON IN YORK, MAINE

**W**e recently toured the scenic coast of York, Maine. There's nothing like a day at the ocean: the cry of seagulls, the fresh salt air, and the beautiful views. We visited the Cape Neddick Lighthouse, known as Nubble Light, a famous American icon and a classic example of a lighthouse. After visiting the lighthouse, we had a fresh lobster and seafood luncheon and enjoyed soft-serve ice cream for dessert. A wonderful day was had by all!



## WISH LIST

**WE ARE ALWAYS GRATEFUL FOR:**

- ❖ White wine
- ❖ Birthday gifts
- ❖ Liquor for cocktails
- ❖ Bags of chocolate & bags of sugar free chocolates
- ❖ DVD movies
- ❖ Music CDs
- ❖ Button up sweaters
- ❖ Colored card stock

## RESIDENTIAL CARE AT THOMPSON HOUSE

**A**RE YOU OR SOMEONE YOU LOVE considering a move to residential care living? Thompson Residential Care accommodations include comfortable private rooms, central air conditioning, cable TV, WiFi and, of course, 24/7 exceptional skilled nursing care. Our amenities feature three chef-prepared meals a day, laundry and housekeeping services, an in-house hair salon, an engaging activities program including day-trips and outings to local stores and restaurants, seasonal barbecues and fishing trips, live music, and so much more. We also offer assistance with local transportation.

Choosing the right residential care setting, for yourself or a loved one, isn't easy. Seeing is believing, however, and we believe you'll like what you see here at Thompson House. Call **Michael Hudson** at **(802) 451-6222** to arrange your tour.

## PINK HEALS TOUR



Members of The Pink Heals National Tour visited Thompson House. Pink Heals is a program devoted to increasing awareness and support for women with cancer. Volunteers drive pink fire trucks and pink police cars across America bringing the "Cares Enough to Wear Pink" message to communities across the country. Here, a Thompson House resident expresses her solidarity with this movement by signing the pink fire truck.

## SPECIAL THANKS

We are very grateful for Christmas donations for the resident gift bags. We extend our special thanks to:

Judy Manley and Lilian Manley  
Larry & Regina Stowell  
Mary Jones  
Chelsea Ogden  
Joe Robinson  
Kathy Clark  
Lin Taggard  
Susan Maltese  
Margo & Richard Langlois



## TRIP TO BRIGHT LIGHTS DISPLAY

**W**E LOVE THE NIGHT LIGHTS. This past holiday season, we took a trip to Bright Nights, a drive-through light display with music, at Forest Park in Springfield, Massachusetts. We were delighted by the magical display of holiday lights, a shining show of wonder and joy. We thoroughly enjoyed the experience of driving through the park at night and seeing the 3-dimensional sculptures of holiday lights. At the end of the evening, we enjoyed dinner out. Thanks to George and Polly Pond for taking us for this fabulous trip.



## WORSHIP PROGRAM

### LEADERS

Father Justin Baker  
Catholic Mass

Larry Farley  
worship service

Paul and Mary Miller  
Bible study

Lucy Porter  
Catholic Communion

Susie Toleno  
worship service

Ron Veenema  
Community Bible Chapel

### WEEKLY ROSARY GROUP

#### LEADERS

Chris Carter  
Larry Hannigan  
Ed Malony  
Ed Scipione  
Beverly Shaw  
Monica Sherman

## COOK'S CORNER

**W**ELL, THE BAKERS KEEP ON BAKING. We are always trying new things, and we have our share of success, and then again, our share of failures. The good thing is, our failures always taste pretty good too. We made pumpkin pie muffins around Thanksgiving and they actually tasted like pumpkin pie (served with whip cream, of course). Then, we made molasses cookies and brownies. We tried huge M&M cookies, which didn't work so well. They tasted great fresh out of the oven, but when they cooled, they became too hard to bite into. Then, we baked caramel nut cookies (using an old recipe of my Grandmother's) and they were very good. At Christmas time, we decorated sugar cookies and gave them to the staff (success!). Now, it is time to think of new things. Hopefully, no failures. But, regardless, the bakers keep baking.

We still contribute to the Fishes and Loaves monthly, preparing sandwiches. Our transporter Jean tells us that these sandwiches (and sometimes goodies) are greatly appreciated. This makes us all pleased that we are helping others in the community.

Our monthly Movie & Lunch is always popular. We have numerous videos, yet it is sometimes difficult to find the right kind of movie. We have seen the "Mall Cop", "The Lion King", "Tooth Fairy", and "Christmas Vacation". With the movie awards season ahead, hopefully we will see a winner soon.

—Kathy Clark, *Cook's Corner*

## THANKS TO OUR MUSICIANS:

- ◆ **Ron Banks, The Solid Gold Cadillacs** – guitar and vocals
- ◆ **Alan Bills, The Bills Band** – trumpet
- ◆ **Stephan Brandstatter and Dennis Waring** – sound healing therapy
- ◆ **Laura Burdo and friends** – hymns
- ◆ **Jack Dunham** – golden oldies from the '50s & '60s
- ◆ **Richard Eriksen** – lively piano tunes
- ◆ **Sandy and George Handy, The Agape Choir** – Christian songs
- ◆ **Pete Harrison** – piano music
- ◆ **Ayla Clark and Russ Horton** – harp, rhythm circle
- ◆ **Gin Mill Bill** – all-time favorite guitarist and vocalist
- ◆ **Becky Graber** – Glee Club
- ◆ **Jim Knapp** – “Old Woodchuck” music
- ◆ **Jean Momaney, Yesterday's Wine** – guitar with **Gin Mill Bill**
- ◆ **Michelle Pulver** – music
- ◆ **Ron Quinlin** – karaoke
- ◆ **Rachael** – guitar & banjo music with vocals
- ◆ **Dan Sicken** – guitar, harmonica, and folk singer
- ◆ **Shelly Sparks** – flute music
- ◆ **The Stockwell Family Singers** (**Fred and Erwin Stockwell, and Irma Robertson**) – karaoke-style show
- ◆ **John and Elizabeth Wheeler, The Just Us Band** – religious music
- ◆ **Fred and Ginny Wolfe** – accordion



Old cars and new friends are a magical combination! Thanks to Chuck Ranney and Now and Then Vehicles Club, Inc. for sharing their passion and bringing us joy.



We had a great Halloween costume party at Thompson House. Resident Bob M. dressed as a woman and won 1<sup>st</sup> place!

### GENTLE REMINDERS

- ❖ Please wear a name tag.
- ❖ Please knock on all doors before entering.
- ❖ When taking residents outside, please be aware that some of our folks take medications that make them very susceptible to sunburns. Make sure sunscreen is applied to exposed skin.
- ❖ Please remember to respect the confidentiality of our residents.
- ❖ Be aware of the need for good hand hygiene.
- ❖ 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?
- ❖ 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 call us if you feel your health would put our residents at risk.

—Sandy Merkel, RN

## THANKS TO OUR PATIO CAMPAIGN DONORS

**M**ANY THANKS to everyone who helped make our Campaign to Save Our Patio a huge success! Your generous contributions will help us to provide many joyful events, happy times, smiles, and laughter on our newly renovated patio.



### Patio Campaign Donors

JULY 1, 2016 – JAN. 25, 2018

#### \$500 or more

Benevolent and Protective Order of Elks #1499  
 Brattleboro Savings & Loan Association  
 Elizabeth Clauson *in memory of*  
*Peggy Clauson – mother, teacher*  
 The Copans Family *in memory of Roz*  
 Suzanne Flynt *in honor of Bev Lasher*  
 Martha Stitelman, MD

#### \$100-\$499

Kim & Neil Augustine *in memory of Evelyn Cobb*  
 William & Patricia Bacon  
 Patricia & William Baker  
 Donna Borofsky  
 Lynda & Arthur Copeland  
 Patricia S. Dunn  
 John T. Chard *in memory of Thelma Imlay*  
 Hubey Folsom  
 Richard Jackson  
 Diane and Hank Lange  
 Hollie Bowen & E. Paul Love, Jr.  
 John Mabie & Valerie Stuart  
 Susan Maltese, Hemp Power Bag  
 Dane Rank & Maura Shader  
 Kathleen Saunders  
 Potter Stewart & Robin Stern  
 Ann & Douglas Switzer  
 Martha & Ronald Tompkins  
 Cherly Wilfong & Bill McKim

#### Up to \$99

Judith Abascal & David Allbee  
 Anonymous  
 Harlan Bacon  
 Margaret Bemis  
 Berkley & Veller, Inc.  
 Michael Bosworth  
 Kathleen Clark  
 Shirley Clark & Loren Clews  
 Carol B. Eddy  
 Linda & Stephen Goss  
 Nancy Graves  
 Marjorie Laubach  
 Pat Laubach *in memory of family and friends*  
 Deborah & Bruce Lemnah  
 Andrew Mann *in memory of Kimball Mann*  
 Paul and Mary Miller  
 Mary Lou & Paul Nelsen *in memory of*  
*Mary L. DeVries*  
 James Parker *in memory of Lucy Parker*  
 Daryl & Bridget Pillsbury  
 Charles Ranney  
 Irma & Stanley Robertson  
 Sidney & Eva Sherman *in memory of*  
*Marie Waugh*  
 Elisabeth Swift  
 Doug & Ann Switzer  
 Henry Taggard *in memory of Katharine L.*  
*Taggard*  
 Melinda Taggard *in memory of Fran Nevins*  
*and Chuck Cummings*  
 Bob & Karen Tortolani  
 Bernita C. Wheelden & Stuart J. Wheelden III

**THANKS TO ALL STAFF** who go above and beyond the call of duty to aid in Activity Department success. Much thanks to **all** our volunteers and donors. Apologies to anyone not mentioned in this issue of the *Volunteer Gazette*.

—The Activities Department

## MEMORIAL GIFTS

OCTOBER 1, 2017 – FEBRUARY 21, 2018

**In Memory of Nadine Farr**  
 Daryl & Theresa Farr

**In Memory of Elizabeth Grobey**  
 Jonathan Targett

**In Memory of Constance Healey**  
 Susan Sherman

**In Memory of Justine Houk**  
 Dekalb Amvets Post 11

**In Memory of Marie O'Brien**  
 Lynette Hamilton  
 Lucille & Dean Porter

**In Memory of Dorothy Pollard**  
 Barbara & Edwin Fletcher  
 Joan & Jerrold Allen  
 Daryl & Theresa Farr

**In Memory of Stephen Steidle**  
 Judith Abascal  
 Norman Bartlett  
 Brattleboro Sunrise Foundation, Inc.  
 Jan & Stephen Bouch  
 Doris Dearborn  
 Richard & Janice Gray  
 Theodore & Linda Hallee  
 John & Margaret Kondos  
 Bob & Ginny LaClair  
 Martha & Mitchel Momaney  
 Bruce Moore & Laurie Webb  
 Sara Jane Moss  
 Malcolm & Cynthia Mundell  
 Patricia & Robert Neubauer Debra Norton  
 Perry & Paula Paolantonio  
 Alton & Julie Richardson  
 Sharon's Book Club – Joni Bonello  
 L. Smitley & L. Davis  
 Shelley & James Sparks  
 Alice Stockwell  
 Matthew Sullivan  
 Pamela Sullivan  
 Melinda Taggard  
 Karen & James Wakefield

**In Memory of Polly Wright**  
 Charles Marchant

**In Memory of Rene LaPlante**  
 Peter and Marion Abell  
 Wayne and Barbara Blake  
 The Borofskys  
 David and Joanne Corey  
 Virginia Fisher  
 Etta Mattison  
 Elaine Shield  
 Alice Stockwell  
 Rose Marie Tarbell

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



### Thompson House

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