



Thompson House

Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

WINTER/SPRING 2017

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2017 – 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 2017!!!

—Shannon Bratcher, *Activities Director*



We met beautiful horses and very nice people at Winchester Stables in Newfane, VT.

NEWS FROM THE OFFICE OF OUR ADMINISTRATOR



Dane A. Rank
Administrator

March, 2017

Dear Friends, Families, and Residents,

HAPPY SPRING! Thank you to all our volunteers for your steadfast dedication to keeping our days full of music, joy, laughter, and fun (and drinks for Happy Hour!). Thanks to those volunteers who bring us spiritual gifts through worship. The experiences you share with all of the residents of Thompson House is appreciated by so many here and in our community.

We look forward to continued progress towards our newly renovated patio which will be accessible to all. We have raised roughly \$15,000 and have applied for grant and sponsorship funding on several fronts. The construction project itself will provide excitement and entertainment. Soon we will hear the sound of bulldozers and excavators in the garden, and we'll watch the action. But, the real fun will begin once the patio is complete. We anticipate breaking ground this year and hope to have the project wrapped up in time for Fall.

Our sincerest appreciation goes out to everyone who gives so much of themselves to keep all the little fun things in life going every day at Thompson House.

Sincerely,

Dane A. Rank, *Administrator*

SPECIAL THANKS

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

We at Thompson House make our Activities Program a high priority. It is our goal to provide our residents with fun and meaningful experiences, and plenty of opportunities to be involved in our local community.

UPCOMING EVENTS

MARCH

Spa Day with
Over the River Day Spa

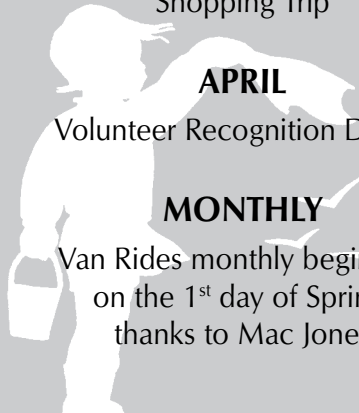
Shopping Trip

APRIL

Volunteer Recognition Dinner

MONTHLY

Van Rides monthly beginning
on the 1st day of Spring,
thanks to Mac Jones



MAGIC WINGS BUTTERFLY CONSERVATORY



IT'S A MAGICAL WORLD at Magic Wings Butterfly Conservatory in South Deerfield, MA. Of course, there were many moths and beautiful butterflies, but there was so much more! Intricate terrariums lined the walls on the way in. We walked through a jungle of exotic plants, flowers, and wildlife. There were ponds with frogs and fish, as well as exotic birds, and even reptiles. Many thanks to George Pond for driving us in our van!

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:

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

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

—Sandy Merkle, RN
Infection Control



We carved some great pumpkins this Fall just in time for Halloween.

WISH LIST

WE ARE ALWAYS GRATEFUL FOR:

- ❖ Large photo books
- ❖ White wine
- ❖ Birthday gifts
- ❖ Liquor for cocktails
- ❖ Bags of chocolate & sugar free chocolates
- ❖ DVD movies
- ❖ Music CDs
- ❖ Button up sweaters
- ❖ Colored construction paper

SPECIAL THANKS TO VOLUNTEERS AND DONORS:

- **Margo Langlois**, for reading Christmas stories to the residents twice in December, and for donations of Christmas gifts.
- **Charlie Marchant** for leading a fascinating monthly history group with many terrific old photos.
- **David & Shirley Emery** for bringing Santa and Mrs. Claus to visit.
- **Chuck Ranney** for helping out weekly in the Activity Department, for keeping our card rack neat and organized, and for keeping current upcoming holiday greeting cards available.
- **Edna Fletcher** and **Kate Snow** for maintaining our library and making it user friendly for the residents.
- **Lin Taggard** and **Jude LeFevre** for fun and exciting weekly happy hour.
- **Shelly Sparks** for bringing a special flute choir performance in December.
- **American Legion Band** and **The Residential Jazz Band** for the holiday concerts.
- **George Pond** for driving our van on an amazing trip to Magic Wings Butterfly Conservatory in South Deerfield, MA.



- **Larry and Regina Stowell** for delicious Lindt chocolates for Christmas.
- **Donna Borofsky** for her monthly donation of interesting magazines.
- **Wow Frozen Yogurt** for continuing to provide a tasty variety of flavors once a month, including non-dairy and sugar-free frozen yogurt so everyone can enjoy it! We typically get 5 to 6 different flavors each month.
- **Carol Eddy** for monthly story sharing.

- **Susan Maltese**, our new volunteer, for helping out every week with Bingo and happy hour, and for the many bottles of wine she donated!
- **Judy Manley** and **Lilian Manley** for providing residents with Christmas gifts.
- **Ron Veenema** for sharing Community Bible Chapel twice a month on Sundays, and to **Rick Kenyon** who fills in for Ron as needed.
- **Mac Jones** for monthly van rides.
- **Mary Jones** for baking a variety of cookies for a homemade cookie social in November, and for the homemade hot fudge for our ice cream social in January.
- **Todd Kelley** and **Cheri Bishop** for the hand-made turkey center pieces and pine cone tree decorations.
- **George** and **Polly Pond** for the the Bright Nights holiday light show and dinner trip.
- **Nancy Tierra** for yoga and movement twice a month.
- **Chris Ekblom** for Monadnock story telling and music.
- **Toby Price** for helping out with happy hour every week.

KRAFTY KORNER

THIS GROUP WAS VERY ACTIVE over the first half of the Winter season. Our regular group of attendees was frequently joined by interested new people, which is fantastic. Our Krafty Korner crowd is creative; these residents come up with their own interesting and innovative designs, often surprising themselves with their previously unknown skills. Some decorated their initial and framed it. A group decorated pre-painted birdhouses and we made a small Christmas village that was displayed over the holiday in the main dining room along with some colorful paper mittens. We did a great job! A large group made birdseed ornaments for the birds, although I think the squirrels got the most of it. A few men participated in this event, which was great to see. A few residents made homemade Christmas cards for family members and friends. Then, there was the jewelry event where we made holiday earrings and/or bracelets. This event is usually quite popular. I guess we all like pretty things once in a while. Next up, we will make St. Patrick's Day decorations for the tables. We're looking into new ideas for Spring. (Bless Pinterest!)

—Kathy Clark & Meredith McDonald
Krafty Korner Coordinators



A sweet little angel visited us for Halloween.

RESIDENTIAL CARE PROFILE

To stay or not to stay – that is the question.

by Michael Hudson, Admissions Coordinator



Marjorie "Pat" Laubach

Thompson House has long been known for its excellent Long Term Care, its Skilled Nursing, and its Residential Home. What many people don't realize, however, is that Thompson House generally reserves a number of private-pay Residential Care rooms, on the second floor, for short-term "respite" stays.

What's a respite stay? Basically, it's any temporary residential stay, from a couple of weeks to a few months. Say, for example, that you're living with your daughter and her husband and a grandkid or two. Now suppose that your daughter needs to be away on business for a few weeks and, frankly, you can't stand your son-in-law's cooking.

Or, just maybe, his laundry skills aren't up to your standards, or maybe your daughter's the one who knows your medication schedule and lays it all out for you. Whatever the reason, a three-week stay with nursing oversight (for those meds of yours), housekeeping, laundry, activities, and three chef-prepared meals per day might be just what you're looking for.

Then again, maybe you're like 99-year-old Marjorie "Pat" Laubach. Pat lives on her own, thank you very much, and she likes it that way. Hailing from Vineland, New Jersey, and later, upstate New York, Pat and her late husband, James, moved to Brattleboro 60 years ago, give or take.

"James was an accountant and he got hired on at The Estey Organ Company," Pat said. "So Brattleboro here we came. When Estey closed he went out on his own, and when he died, I stayed."

A business graduate of Syracuse University who worked for IBM during WWII, Pat soon found work with Drs. Houpis and Walker, on the corner of Park Place and Linden Street. "Walker was upstairs and Houpis had the ground floor," Pat said. "They shared a lab downstairs and I did all the billing for the lab."

She later did volunteer work in and around Brattleboro for The Red Cross ("I ran the blood drives,") Brattleboro Memorial Hospital and, coincidentally enough, the Thompson School of Practical Nursing, on Maple Street. "And that's where we are right now," she said with a grin. "The same building, anyway, so I guess you could say that I was here before I was here."

"Actually, this is my second stay," Pat explained. "I was here a little over a month last summer, and I came back again toward the end of this past January." Each time, she said, she checked in after a fall hard enough to get her undivided attention but not bad enough to land her in the hospital.

During her stays in Residential Care, Pat takes advantage of her Medicare Part B benefit to access Thompson House's Physical & Occupational Therapy Department. "Hey," she said, "I worked hard all my life and paid in the whole time, and that's what it's

there for. Why not use it when you need it?"

"Honestly, it's really excellent," she said. "They're [the Thompson House staff] all very friendly, very caring, and the Physical Therapy department is something. Those girls – and Fred, don't forget Fred – they really know their stuff, they keep you very busy... and laughing. They make it fun." "And don't forget about the activities," Pat added. "They've got something good going on around here, live music, bingo, all kinds of things, every day. Not today, of course," she noted, nodding out her window toward a foot-and-counting of new snow. "They [the scheduled musicians and volunteers] all cancelled today, and I don't blame them."

When asked how long she'll stay the second time around, Pat shrugs. "I'm not sure. I'll leave when I'm ready, I guess. When I feel confident to go, I'll go. It's just good to know that I can come back whenever I need a tune-up."

For more information on short or long-term Residential Care at Thompson House, arrange a tour by calling Michael Hudson, Admissions Coordinator, at 802-451-6222.

VOLUNTEER WISH LIST

- ◆ Volunteer to lead a craft class
- ◆ Volunteers to be a friendly visitor
- ◆ Volunteer to bring friendly dogs/pets to visit
- ◆ Volunteers to sit outside on the patio with residents
- ◆ Volunteers to bring antique cars to visit
- ◆ Volunteer to lead a weekly current events group
- ◆ Volunteer to read to residents



We enjoyed holiday shopping during our recent trip to Yankee Candle.

COOK'S CORNER

Cook's Corner keeps on cooking. Cookies and brownies are always favorites. Sometimes, we try a new and unusual item. Frequently, it does not look the same as the recipe, but it usually tastes good anyway. Sometimes, it is hard to please the palate, as some love the sweet and others prefer less sweet. Like the true gourmets we are, we always critique our work. Lemon or chocolate are the most frequently used flavors. Some upcoming ideas are blueberry muffins, German chocolate cookies, and mini fruit pies. We always have a good time and there are some who love to lick the spoon whenever possible.

Our movie and lunch group, usually with 5-6 people, is a favorite. We have been waiting for Redbox to provide some recently made movies at the group's request. The older movies are great, but we would like something current. Recently, we watched "The African Queen," a great Humphrey Bogart classic, and we surely did enjoy it. Hopefully the next movies will be "Nine Lives" (animal comedy) and "Sulley" (true drama), as they are now in Redbox.

—Kathy Clark, *Cook's Corner*

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

Larry Hannigan

Ed Malony

Beverly Shaw

Monica Sherman

Ed Scipione

Chris Carter

COMMUNITY OUTREACH

THIS ACTIVITY CONTINUES MONTHLY. We make sandwiches for the organization of Fishes and Loaves. The organization appreciates this and the residents feel rewarded, as well. Periodically the people in our group change, and new people join us. We always feel that our efforts have meaning and value to others, as we make our contribution to the community. Thanks to Jean Momaney, who transports the sandwiches, and always gets them there fresh. Sometimes the group really has to hustle, but we always get the job done.

—Kathy Clark, *Cook's Corner*

Winchester Stables

SOUTHERN VERMONT THERAPEUTIC
RIDING CENTER

336 River Road • Newfane, VT 05345
(802) 365-9434

Horseback riding with Peggy Coty

MEMORIAL GIFTS

OCT. 1, 2016 - FEB. 1, 2017

Gifts were recently received in memory of:

- ◆ Rita Capen
- ◆ Beverly Lynch
- ◆ Rosaline Copans
- ◆ Betty Tracey
- ◆ Velma Henny
- ◆ David Williams

HAPPY HOUR SERVICE

Cheese & crackers courtesy of

**Grafton Village
Cheese Company**

www.graftonvillagecheese.com

Thanks Lin Taggard, Jude Lefevre and Toby Price.

Wow FROZEN YOGURT

122 Main Street • Brattleboro

(802) 579-1255

TRIP TO BRIGHT LIGHTS DISPLAY

WE TOOK A TRIP TO BRIGHT NIGHTS, a holiday-themed sculpture park at Forest Park in Springfield, Massachusetts. We were thrilled and fascinated by the wonderful display of holiday lights, a shining show of wonder and joy. The experience of driving through the park in the dark and enjoying the sculptures of light was amazing. And then we topped off our evening out with dinner. Thanks to George and Polly Pond for taking us for this great trip.



GENTLE REMINDERS

- ❖ Be aware of the need for good hand hygiene.
- ❖ Please remember to respect the confidentiality of our residents.
- ❖ 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.
- ❖ 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.
- ❖ 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?
- ❖ Please call us if you feel your health would put our residents at risk.

—Sandy Merkel, RN

THANKS TO OUR MUSICIANS

THE MUSIC PLAYS ON at Thompson House. Here are some highlights for which we are grateful:

- ◆ Rachael – guitar & banjo music with vocals
- ◆ Ayla Clark – harp, Rhythm Circle
- ◆ Rob Fletcher – harmonica music
- ◆ Dave Mindell, Rockin' Robin
- ◆ Becky Graber – Glee Club
- ◆ Peter and Marion Abell – music
- ◆ Gin Mill Bill – all-time favorite guitarist and vocalist
- ◆ Jack Dunham – golden oldies from the '50s & '60s
- ◆ Jim Knapp – "Old Woodchuck" music
- ◆ Steven Damon – "Name That Tune"
- ◆ Stephan Brandstatter – sound healing therapy
- ◆ Shelly Sparks – flute music
- ◆ Fred and Erwin Stockwell, and Irma Robertson a/k/a The Stockwell Family Singers – karaoke-style show
- ◆ Ron Quinlin – karaoke
- ◆ Michelle Pulver – music
- ◆ Pete Harrison – piano music
- ◆ Jean Momaney, Yesterdays Wine – guitar with Gin Mill Bill
- ◆ Tim O'Connor – Irish music & videos
- ◆ Ron Banks, The Solid Gold Cadillacs – guitar and vocals
- ◆ Laura Burdo and friends – hymns
- ◆ Sandy and George Handy, The Agape Choir – Christian songs.
- ◆ Alan Bills, The Bills Band – trumpet
- ◆ Richard Eriksen – lively piano tunes
- ◆ Dan Sicken – guitar, harmonica, and folk singer
- ◆ John and Elizabeth Wheeler, The Just Us Band – religious music
- ◆ Fred & Ginny Wolfe – accordion

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. Apologies to anyone not mentioned in this issue of the *Volunteer Gazette*.

—The Activities Department

THANKS TO OUR PATIO CAMPAIGN DONORS

MANY THANKS to everyone who helped make our **Campaign to Save Our Patio** a huge success! To date, we have raised nearly \$13,000, bringing us almost halfway to our goal. Your generous contributions will help us to provide many joyful events and happy times on our newly renovated patio.



Patio Fund Donors

JULY 2016 – FEBRUARY 1, 2017

\$500 or more

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

\$100-\$499

Patricia & William Baker
Lynda & Arthur Copeland
Patricia S. Dunn
Hubey Folsom
Richard Jackson
Hollie Bowen & E. Paul Love, Jr.
Dane Rank & Maura Shader
Kathleen Saunders
Ann & Douglas Switzer
Martha & Ronald Tompkins
Cherly Wilfong & Bill McKim

Up to \$99

Judith Abascal & David Allbee
Harlan Bacon
Margaret Bemis
Michael Bosworth
Shirley Clark & Loren Clews
Carol B. Eddy
Linda & Stephen Goss
Nancy Graves
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Irma & Stanley Robertson
Elisabeth Swift
Henry Taggard
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Annual Appeal Donors

OCTOBER 1, 2016 – FEBRUARY 1, 2017

\$500 or more

GPI Construction, Inc.
The Richards Group

\$100-\$499

Kim & Neil Augustine *in memory of Evelyn Cobb*
Jeffrey W. Benton *in memory of Marilyn Benton, Peter Benton, Dorothy Moore, and Maude Thayer*
John Chard *in memory of Thelma Inlay*
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Isabelle Mann
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Orly Munzing & Robert Dunbar
David Neumeister *in memory of Cenith Neumeister, RN*
Dane Rank & Maura Shader
Mark & Elizabeth Richards
Philip & Marcia Steckler
Larry & Regina Stowell
Melinda R. Taggard
Trust Company of Vermont
Betty & Bill Tyler
Ronald and Gail Veenema
Cheryl Wilfong

Up to \$99

John & Karen Abel
Peter & Marion Abell
Carol Austin
Mike Averill
Harlan L. Bacon *in memory of Alice Joslin*
Margaret Bemis
Berkley & Veller Inc.
Brattleboro Pharmacy
Jill Brehm
Gary & Jean Brodis *in honor of Charles Cummings*
Kathleen Brooks *in memory of Jim Brooks*
Stephen & Deborah Brown *in honor of Dart Everett*
Nancy E. DiMauro
Richard H. Hamilton
John & Karleen Hayden
Carolyn L. Heile
Sandra Henny *in memory of Velma Henny*
Norman & Nathan Hewes *in memory of Walter R. Hewes*
Edward Holiday *in memory of Bertha Putnam*
Wendell & Madelyn Howard
Jude LeFevre
Nancy A. Legere
Bruce & Deborah Lemnah *in memory of Doris Lemnah*
Andrew J. Mann *in memory of Kimball Earle Mann*
James Parker
Charles H. Ranney *in honor of Joyce Ranney*
Elaine Shield
Potter Stewart, Jr. and Robin Stern
Barbara St. John
Henry Taggard
Jon Thatcher
Bob & Karen Tortolani
Vermont Jazz Center
Bob & Debbie Wilson

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



Thompson House

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