



Volunteer Gazette

Thompson House

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

SUMMER/FALL 2017

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2017 – 2018

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FRIENDS OF THOMPSON HOUSE

WHAT A FANTASTIC Summer we have had here at the Thompson House. We have been enjoying our new patio along with all the fun summer trips! Although Summer has been wonderful, we look forward to the beautiful Fall season approaching. Thank you to all the wonderful volunteers who support our activity department in so many ways. Thanks for sharing your time, talents, and energy to bring much joy to Thompson House. We thank you all!!



—Shannon Bratcher, *Activities Director*



Splish, Splash at Spofford Lake! Our beach trip was a blast, thanks to Lin Taggard, Susan Maltese, and Toby Price.

NEWS FROM THE OFFICE OF OUR ADMINISTRATOR



Dane A. Rank
Administrator

September 2017

Dear Friends, Families, and Residents,

Thank you all for your wonderful contributions in sponsoring our patio at Thompson House. We are almost there! As many of you have seen, the patio stones are down, and although the work is not done, we are able to use our patio for many Fall activities, as well as getting out for lunch, or a visit with friends. We had to make some tough decisions to complete the work within a tight budget, but we are nearly there and moving along.

We are asking for your help in completing our Patio Campaign. Our generous donors have allowed us to reach a total of \$15,550 towards this project to greatly improve the quality of life for our residents. For decades, elder residents of Thompson House have enjoyed their outdoor patio beneath the maples while planting an abundance of flowers and vegetables, even herbs that are used in cooking activities and meals. The rich farming history of the area is reflected in frequent donkey visits, Heifer Strolling, activities with dog agility, and visits from the Humane Society. Llamas, goats, sheep, rabbits, dogs, cows and all of our friends from the farm come to visit the residents on the outdoor patio on a regular basis.

We really are almost there! We are currently \$7,450 short of our fundraising goal to support furniture and fencing to complete the project. Your contribution can go far into the future in smiles and sunshine.

Thank you for your generosity in our grass roots fundraising campaign. We are confident that with your help we will meet our goal. Your contribution will ensure a legacy of enjoyment for residents for years to come.

Sincerely,



Dane A. Rank, *Administrator*

UPCOMING EVENTS

SEPTEMBER

- Sept. 7 Senior Olympics
- Sept. 9 Now and then car show
- Sept. 23 Welcome Center Fundraiser (baked goods needed by 9/22)

OCTOBER

Shopping Trip to Walmart

MONTHLY

Preschool Children Visit

WELCOME CENTER ACTIVITY FUNDRAISER

Saturday, September 23rd ♦ 7:30 AM to 5 PM

Items needed for Welcome Center Fundraiser:

- Any kind of baked goods: pies, cookies, cupcakes, brownies, donuts, muffins, fudge, cinnamon rolls, bread, cakes, scones
- individually wrapped snacks
- cases of water
- sandwich bags
- apple cider
- hot chocolate
- coffee stirrers



Please deliver all items by **Friday, September 22nd** to the activity room on the lower level.

Any questions: Please contact **Shannon, 802-254-4977 ext. 242**

4TH OF JULY PARADE



Thompson House residents participated in the 4th of July parade in Brattleboro. Nine residents rode in the van. All other residents watched from the end of Maple Street. Our van was decorated in memory of Chuck Cummings.



SUNSHINE, SMILES, AND SPLASHES AT SPOFFORD LAKE



We had a splendid time at Spofford Lake this Summer. We swam, we waded, we walked on the beach. We basked in the Summer sun and enjoyed good company. It was a beautiful day, and we enjoyed it to the fullest.

SHARING YOUR LIFE EXPERIENCES

We always welcome:

- ♦ singers, musicians & performers
- ♦ gallery exhibits, art & sculpture
- ♦ small and/or exotic animal visits
- ♦ collections to share
- ♦ travel slides



MANY THANKS TO OUR VOLUNTEERS:

- **Mac Jones** for van rides two times a month in April, May, June, July, August, September and October!
- **Jake Hamilton** with the Hamilton Farm for cow visits in June.
- **Gin Mill Bill & Jean Momaney** for a fishing trip to Guilford Pond.
- **Lin Taggard** and **Jude Lefevre** for our Winchester Stables trip.
- **American Legion Band** for outdoor evening concerts in June and September.
- **Kona Ice Cream** truck for monthly visits in June, July, and August.
- **Winchester Stables** for hosting a trip which included a horse show, a donkey visit, and snacks.
- **Early Education Services** for monthly preschool visits with 3-year-olds in June, July, August, and September.
- **Bill Tyler** for popcorn every Friday!
- **George Pond** for driving us to the Townshend picnic, Mohegan Sun gambling casino, and to Nubble Point in Maine.
- **Lin Taggard** for a trip to the Retreat Farms in July and a visit from Franko the donkey in August.
- **Lin Taggard, Susan Maltese, and Toby Price** for a beach trip to Spofford Lake.
- **Margo Langlois** for our reading group.
- **Gincy Bunker** for our reading group.
- **Doreen Wonderlick** for the amazing summer dog fashion show.
- **Charlie Marchant** for monthly history group.
- **Lynette Hamilton** for bringing Jenny the dog to visit once a month.



Gone Fishin'! Thanks to Gin Mill Bill and Jean Momaney, Thompson House residents had a great time fishing at Guilford Pond.

KRAFTY KORNER

THE GROUP MADE Angel Suncatchers to hang in their windows. This was a little tedious at times, but well worth the effort. Those holes in the beads are small! Another day, we painted clay pots to resemble bees, mini birdbaths, or mushrooms. Once sprayed with a protective cover, they were placed in various places on the newly paved patio. Hopefully, we will be able to keep them to put out again next year. Some of the residents wanted to keep theirs in their room.

We're working on ideas for the next few months. Next time, I think we will try some sand art. This will be interesting as the sand is actually made from colored chalk and salt. The neutral sand is actual sand from Hampton Beach. Krafty Korner is usually at the end of the month, sometimes every other month. All are welcomed, so come join us!

—Kathy Clark & Meredith McDonald
Krafty Korner Coordinators

WISH LIST

WE ARE ALWAYS GRATEFUL FOR:

- ❖ craft supplies
- ❖ colored card stock
- ❖ White wine
- ❖ Liquor for cocktails
- ❖ Bags of chocolate & sugar free chocolates
- ❖ Button up sweaters
- ❖ DVD movies
- ❖ Music CDs
- ❖ Birthday gifts
- ❖ Fimo clay

WHAT'S THE DEAL WITH RESIDENTIAL CARE?

Michael Hudson, *Admissions Coordinator*

I'M GLAD YOU ASKED, because it's several things, actually. I like to describe Thomson House's Residential Care Facility – which comprises 17 private rooms on our second floor – as a step between Assisted Living and Long Term Nursing Home Care.

Assisted Living vs. Residential Care

Technically speaking, in Vermont, Assisted Living is classified as a Level III medical facility, Residential Care, which is what we offer, is a Level II facility, and a hospital is considered Acute Care, or Level I. So you can think of Residential Care as Assisted Living kicked up a notch in that we provide on premise nursing oversight, with a nurse plus at least one Licensed Nursing Assistant, 24-hours a day.

In addition, we're able to provide care on three distinct levels, depending upon how much hands-on care and assistance a resident requires. This gives us the flexibility to accommodate a broader spectrum of residents' needs, everything from walking with a walker to wheel chair dependence and cognitive issues like memory loss and dementia.



Can I live there?

Of course you can! In fact, most of our residents do call Thompson House home. The daily rate includes your room rent, furnishings (although most folks bring their favorite pieces from home), housekeeping, laundry service, three chef-prepared meals a day, complimentary access to all activities and trips, cable TV, and assistance with transportation to and from medical appointments.

Can my mom come for a couple of weeks?

You bet! Short-term, or Respite Stays, are very doable so long as mom meets the minimum requirements and we have an open room available.

Can I come straight from the hospital?

Yes! It's not uncommon that people find themselves in a bit of a bind after a trip to the Emergency Room or an outpatient procedure. They might not qualify for a Skilled Nursing Facility rehab stay, for instance, but they still could use some physical, occupational, or speech therapy, and they're not quite up to being at home alone.

Again, so long as you meet the criteria, you can stay with us, let us do the cooking and cleaning, while you get yourself back into shape with the help of our excellent, on premise Physical Therapy services (most of which are covered by your Medicare Part B benefit).

Seeing is believing.

The best way to know if Thompson House Residential Care is right for you (or your loved one) is to come in and kick our tires and take us for a spin. I'll be happy to arrange a personal tour at your convenience. Just give me a call at 802-451-6222.

VOLUNTEER WISH LIST

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

FALL HEALTH TIPS

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

—Sandy Merkle, RN

A FOND FAREWELL TO OUR GOOD FRIEND, CHUCK CUMMINGS

WE ARE TRULY GRATEFUL to Chuck Cummings for his many years of dedicated service to Thompson House. As a highly valued member of our Board of Directors, we could always rely on Chuck's consistently wise advice and counsel. Our thoughts and prayers go out to Chuck's family and friends, as we will always cherish his memory.

KONA ICE

of New Hampshire



Jim & Sharon Sweeney

(603) 903-1300

Winchester Stables

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

Horseback riding with Peggy Coty

Wow FROZEN YOGURT

122 Main Street • Brattleboro
(802) 579-1255

HAPPY HOUR SERVICE

Cheese & crackers courtesy of

**Grafton Village
Cheese Company**

www.graftonvillagecheese.com

Thanks Lin Taggard, Jude Lefevre and Toby Price.



COOK'S CORNER

IT HAS BEEN A GREAT SUMMER, despite the rain. Summer is not always the best time for cooking, so we got out and about for van rides. We always manage to find interesting places to go and see. But back at the kitchen, we did still do some cooking. We have made a lot of cookies. Once, we made a Watergate salad and also had banana pudding. Our stored cookies go to the Centre Church monthly to help with Fishes and Loaves, along with the various sandwiches we make as part our Community Project. Thank you always to Jean and Joyce for your help.

Autumn is approaching, and that is the time for apples and pumpkins. We're not quite sure what is on the menu, but it will be fallish. Pies, cookies, and maybe we will try some pickles. We usually gather Monday and Wednesday in the morning, and we are always glad to have new friends join us.

The monthly movie and lunch program remains active. We saw an interesting variety of movies. "Nine Lives," about a cat/human got mixed reviews. "Sulley," a true story, was a fine film. "Mrs Doubtfire," was a familiar favorite. We also saw the vintage 1937 film "Lost Horizon," which was excellent. This was requested by one of the residents.

—Kathy Clark, *Cook's Corner*



We visited Retreat Farm and we communed with the animals. Thanks Lin Taggard.

MANY THANKS TO OUR MUSICIANS:

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

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

GENTLE REMINDERS

- ❖ Please knock on all doors before entering.
- ❖ Please wear a name tag.
- ❖ Be aware of the need for good hand hygiene.
- ❖ Please remember to respect the confidentiality of our residents.
- ❖ Remember, nicknames are only permitted with resident’s approval.
- ❖ 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.
- ❖ 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

MEMORIAL GIFTS

October 1, 2016 – August 5, 2017

In Memory of Rita Capen

Bruce & Eileen Chamberlin

In Memory of Arthur Cooke

Larry Abbott & Lorraine Menard

Kathy Cooke

In Memory of Rosaline Copans

Sonya A. Stall

In Memory of Chuck Cummings

Clyde Johnson

In Memory of Velma Henny

Richard & Margo Langlois

In Memory of Beverly Lynch

Patricia Austin

Vera Deyo

Joan M. Pinilla

Nancy Shulman

Alice A. Stockwell

In Memory of Myrtle Stowell

Anonymous

Richard Hamilton

Clyde Johnson

In Memory of Betty Tracey

Wayne & Barbara Blake

C & S Wholesale Grocers IT Team

(Georgios Dramalis & Konstantina
Kalampalika)

Charles H. Dwyer

Patricia Flynn

Nicole Inyagwa

Keller Williams Realty / Nashua

Richards Group Sunshine Club

Dennis & Candida Wall

In Memory of David Williams

Dorothy Knapp

Mark & Elizabeth Richards

Andrew W. Schmidt

Donald & Joann Schmidt

In Memory of Polly Wright

Richard F. Jackson in honor of all who
cared for Polly W.

Clyde Johnson

ACTIVITIES FUND

Doris Dearborn



Morris Dancers brought good cheer as they performed at Thompson House.

“Wrinkles should merely indicate where the smiles have been.”

—MARK TWAIN

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



Strolling of the Heifers stopped by Thompson House and brought some friendly, furry, four-legged visitors.

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



Thompson House

ACTIVITIES DEPARTMENT:

Shannon Bratcher, *Activities Director*

Meredith MacDonald ♦ Kathy Clark

Danielle Covey

(802) 254-4977 ext. 242