



Thompson House

Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

FALL 2012

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2012-2013

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FRIENDS OF THOMPSON HOUSE

GREETINGS TO ALL OUR FINE FRIENDS of Thompson House. Autumn is here, with brightly colored leaves dancing on the breeze. There's a nip in the air. At this time of year, I am always reminded of so many blessings to be thankful for. I sing your praises. I remind everyone that our lives are more enriched thanks to our volunteer family. Each and every one of you is so greatly appreciated. I feel so blessed for your continued support. You bring community into our home. Thank you.

—Sandra Ware, *Activities Director*

NEWS FROM THE ACTIVITIES DEPARTMENT

SUMMER WAS RICH with good times and the welcome company of many good friends. Our Summer calendar of events was packed with fun. Let's take a glimpse back.

We had fun. The lazy, hazy days of Summer were brightened by joyful visits from good friends. "Franko" the donkey stopped by for a visit on the patio, thanks to Lin Taggard. We laughed at our Italian greyhound Summer fashion show. And, we saw some totally awesome rides (Is that a 1931 Model "A" Ford?). We had cruise-ins, thanks to Francis Temple and John Stronk. We donned motorcycle vests and helmets, and posed with the Red Knights Motorcycle Club, thanks to David and Shirley Emery.

Music always finds a way to touch our hearts. We have enjoyed monthly concerts with members of The

Brattleboro Music Center, piano programs with Eris Howe, Alice Gausch, Peter and Marion Abell, Wendy Spiro, Blanche Mills, Peter Harrison, and Luella Frechette. Featured musical artists included Ayla Clark on her Turkish Harp, Ned Phoenix and Alan Dann on the Estey organ, Dan Sicken on harmonica, graceful sounds of the Hallowell Singers,
continued on page 3



Franko the Donkey visits Thompson House!

FROM THE OFFICE OF OUR ADMINISTRATOR

October, 2012



Dane A. Rank
Administrator

Dear Friends,

With Summer winding down and Fall nearly upon us, our lives return to some normalcy after a protracted period of construction at Thompson House. We are all comfortable with our new climate control system, and are enjoying some relative peace and quiet with all of the work completed, and our friends from Vermont Mechanical Inc. having bid us adieu as they move on to their next project.

As the days get shorter, we look forward to foliage tours and enjoying the patio just a little bit more while the beautiful weather holds out. It will not be long until we are out again enjoying foliage tours and a day trip to Maine. In addition to the long list of regular singing, eating, and worshiping activities, this Fall we will be sampling some pumpkin pies from the Vermont Deli and apple pies from the Dummerston apple pie festival in our "Taste of Brattleboro." We will also be learning the Tango!

Thanks again to all of you who spend your valuable time with us! The smiles and good will you bring make Thompson House vibrant and exciting. Special thanks go out to our local small businesses too, who help us bring Brattleboro to Thompson House in the form of food, drinks, and a great deal of partying. You are all the biggest part of our day!

Sincerely,



Dane A. Rank, *Administrator*

DEDICATION

This issue of the *Volunteer Gazette* is dedicated to:

- ◆ the staff of Thompson House, who help support and encourage the Activities Program
- ◆ the families of Thompson House, who provide encouragement and kind words
- ◆ the furry visitors, who share cuddles and licks of love
- ◆ the Town of Brattleboro and surrounding towns for the great wealth of community resources
- ◆ the residents of Thompson House, who share their memories, wit, enthusiasm, kindness and senses of humor, and finally,
- ◆ the volunteers of Thompson House, who bring community into our Home.

KUDOS

WE GIVE our quarterly thanks to Dick Virkstis. Thanks for your continued support and attention paid to our golf cart.



NEWS FROM THE ACTIVITIES DEPARTMENT

continued from front page

great guitarists Ron and Gordie, Jim Knapp, Ken and Cal Heile, The Wild Things, The Fall Town Band, vocals with Andrea Howe, The Stockwell Family, Richard Sainsbury, Tony Barrand, Jon Evans and Orly Munzing, accordions with Fred and Ginny, and banjo with Ernie Boudreau. We also enjoyed memorable performances by The Melodeans, Gin Mill Bill and the Gingersnaps, the Wardsboro Famous Bills Band, and Phalen Muller and Eric Goodchild who played bagpipe tunes.

We have pleasant memories of delicious treats: lox and bagels, blueberries (thanks to Eris Howe), strawberries, and shrimp appetizers. We enjoyed a pizza luncheon thanks to Darrell Pillsbury, tasty take-out from Panda North, a take-out luncheon from The Marina (Lobster rolls, anyone?), New England clam chowder from the New England House (thanks to Pete Kerber), and homemade donuts from Paradise Farm. Let's not forget our monthly hot-from-the-oven baked goodies from Carol Baker Eddy. We enjoyed Summertime ice cream, and chocolate and vanilla frappes (thanks to Mary Jones). We eat well and we party hardy! We sipped white Russians, rum and cokes, daiquiris, wine coolers, cosmopolitans, and



We donned motorcycle vests and helmets, and posed with the Red Knights Motorcycle Club, thanks to David and Shirley Emery.

our new fad—margarita Mondays. Thanks to Lin Taggard for regular Tuesday Happy Hour with cheese provided by Grafton Cheese, crackers, chocolates and bubbly. We enjoyed soft serve ice cream with Avenue Grocery, and two visits from the Kono Ice Truck from Keene, New Hampshire (the Ding Dong Cart of yesteryear). Thanks to Bill Tyler, we enjoy popcorn snacks.

This is a great community for art, and Thompson House residents are actively involved. We welcomed gallery exhibits several times a month thanks to Leonard Ragouzeos. We hosted art shows by artists Basha Freudenberg and Richard Sainsbury. We continue to enjoy our Art in Motion program and welcomed back Robin Stronk and Maisie Crowther. We picked up our

brushes and painted with Marilyn Allen from River Gallery School and local artist Trudy Crites. Once a month, we're involved with crafts, as well, as we pick up our hooks and needles and join Bess Richardson for Handiwork Club.

Our spiritual enrichment programs included: meditation, worship programs—thanks to Community Bible Chapter visits, our weekly pastors, a Martin Cohn visit, and monthly mass with St. Michael's Catholic Church. Old fashioned hymn sings are presented monthly by Agape Chorus and Burdo Family singers.

Educational programs provoked thought and politicians encouraged debate. We welcomed slide shows and lectures with Chris Petrak, Bob Engel, Joe Cook and Paul Miller. We listened intently to Current Events with Richard Guthrie and History Club with BUHS history teacher Bill Holiday and student Josh. Gussie Bartlett, Carol Eddy and Cheryl Damian provided story sharing and poetry readings. We studied Spanish with lessons provided by Rosa Anderson and Judy Abascal (BUHS Spanish teacher). *te quiero* – I love you, and *adios, amigos* — goodbye, friends!

HAPPY HOUR SERVICE

Cheese & crackers
courtesy of

**Grafton Village
Cheese Company**

www.graftonvillagecheese.com

KONA ICE

of New Hampshire

(OUR DING DONG CART)



Jim & Sharon Sweeney

(603) 903-1300

WELCOME

PLEASE WELCOME a new face in Activities! Kathy Clark is the new Director of Cook's Corner. Kathy lives in Keene, New Hampshire and has many ties to Brattleboro and Thompson House. Kathy is an LPN and a graduate of Thompson School of Nursing.

WE WERE THERE

THOMPSON HOUSE presented a booth at Wellness in Windham Health Festival, thanks to Shayne Berry and Connie Healey.



Wellness in Windham
Health Festival



Thompson House resident enjoyed a private lesson at New England Center for Circus Arts in Brattleboro.

CULINARY NEWS

THOMPSON HOUSE AND FITZVOGT teamed up on Sept. 12th to support local farmers in a promotional lunch buffet for residents. The buffet featured food from several local farms including Commonwealth Dairy, Dutton Berry Farm, Scott Farm, New Leaf CSA, Walker Farm, Westminster Organics, Old Athens Farm (Kestral), High Meadows, Green Mountain Orchards, Lilac Farms, and Hidden Maple Springs.

Briana Bourne, Chef Manager for FitzVogt at Thompson, toured these farms on Friday, August 24th to familiarize herself with the local people who provided the food for FitzVogt food service. FitzVogt will be featuring this local food in their operations at Holton Home, Hilltop House, Early Education Services, Canal Street School, West Brattleboro Nursery School, Brattleboro Nursery School, and Thompson House. Brianna said: "I wanted to show the community the kinds of great food that we provide for the people of Brattleboro. At Thompson House, it is difficult for people to shop for local food unless it is provided by us. A lot of our local elders were brought up with homegrown foods in this very agricultural area. I think this is the best way to keep people close to the land they remember."

FitzVogt has been a member of the community of Brattleboro for over 35 years. The relationship began at Thompson House with a handshake and promise to provide great food for the elder residents, and the students nurses who attended the Thompson School of Nursing.

WALK FOR ANIMALS

RESIDENTS OF THOMPSON HOUSE recently participated in the Walk for Animals Fundraiser to raise funds for the Windham County Humane Society. Over 30 staff, families, and volunteers walked and rolled in front of Thompson House. We donated \$200 to the Humane Society.



New England Center for Circus Arts

74 COTTON MILL HILL
BRATTLEBORO, VT

(802) 254-9780

West River Marina

28 Springtree Road
Brattleboro, VT 05301



(802) 257-7563

FALL UPCOMING EVENTS

- Entertainers from New England Center for Circus Arts
- Eugene Friesen on the cello
- Peter and Mary Alice Amidon concert
- Pumpkin pie from Vermont Country Deli

IN 2013, WATCH FOR:

- Howling Kettles
- Westmoreland Town Band



THOMPSON HOUSE GLEE CLUB UPDATE

WE HAVE STARTED the Thompson House Glee Club (THGC), a monthly singing group for the residents who love to sing. We meet monthly, singing through old favorites. We're preparing for a concert sometime this Winter. If you love to sing, join us October 12, November 2 and December 7.

—Becky Graber

Thompson House Activities will be featured on a soon to be released WKVT radio spot. Listen for the Thompson House Song by Jim Knapp.

THE THOMPSON HOUSE SONG

I've played an old guitar for forty some years
It's brought a lot of smiles and it's brought a few tears
But I can say without any doubt
My favorite place to play is the Thompson House

Dave sits and listens and Peggy sings along
Janet's got a smile a mile and a half long
Marilyn wants to hear The Green Mt. Waltz
As I play for my friends at the Thompson House

I play Sweet Caroline for one of my friends
He never gets tired of hearing it again
Grandma's Feather Bed for my friend Marie
I'm so glad to play them when they ask it of me

Dave sits and listens and Peggy sings along
Janet's got a smile a mile and a half long
Marilyn wants to hear The Green Mt. Waltz
As I play for my friends at the Thompson House

I play an old guitar and Sandy plays drums
I'm always so proud when she asks me to come
One thing's for sure and there is no doubt
My favorite place to play is the Thompson House

Dave smiles and listens, Peggy sings along
Janet's got a smile a mile and a half long
Marilyn wants to hear The Green Mt. Waltz
My favorite place to play is the Thompson House
My favorite place to play is the Thompson House

VOLUNTEER REMINDERS

- ◆ Please wear a name tag
- ◆ Please remember to respect the confidentiality of residents
- ◆ Please knock on doors before entering
- ◆ Please call us if you feel your health would put our residents at risk

Avenue Grocery

82 Western Avenue, Brattleboro

GENERAL STORE
7 AM - 9 PM

HOT DOGS • GROCERIES
SOFT SERVE ICE CREAM

257-1846

New England House

254 Marlboro Road
Brattleboro, VT
254-6886

PETE KERBER, OWNER

SEPTEMBER

SEPTEMBER WAS FAIR MONTH. Thanks to all staff, volunteers, and residents who displayed handmade items in our exhibit hall. Thanks to Gunnar and Julie Shonbeck for bringing in a pumpkin for a contest to guess how much the pumpkin weighs. We enjoyed many musicians under the Big Top. Special guests included Patty Carpenter, Amanda McCarthy, and Gabbi Walton, to name a few.

SHARING EXPERIENCES

We always welcome:

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



September Fair Month exhibit hall

Resident & Staff Quotes

"I think they do a good job and take time to talk to everyone."

—MARY M.



"I think they are all very friendly."

—BERNICE



"Volunteers are very patient."

—PEGGY C., RESIDENT

THOMPSON HOUSE MAKES THE NEWS

◆ **Brattleboro Reformer**, *September 15, 2012*

Article by Howard Weiss-Tisman

Thompson House chefs are bringing in more local food — fresh fruits and vegetables from Windham County farms.

◆ **Brattleboro Reformer**, *August, 2012*

Vince Illuzzi Visits Thompson House.

COOK'S CORNER UPDATE

WE ARE BACK ON OUR WAY AGAIN, after a short hiatus. Gathering twice a week, we discuss, plan, and execute food. The first thing we made when I came on board was s'mores on a stick. Throughout most of August, the group was busy making goodies for the annual fundraiser at the Vermont Welcome Center held in September. For the Country Fair Day, we made homemade pickles for all to enjoy.

The group also is very pleased to make and contribute food items to the local food shelters in the community. The new item this Fall will be sandwiches, as well as the regular baked goods.

We have discussed upcoming projects, as the holiday seasons approach—not only for the shelters, but for ourselves (including staff). Some have suggested a soup. This may develop into a group supper with homemade soup and sandwiches. Then, what is Fall without a good homemade apple pie or apple crisp? And, then there's Halloween (pumpkin carving), Thanksgiving (pumpkin pie), and Christmas, when some of the goodies will come out.

—Kathy Clark



Resident artist Lois Schneider exhibits her work.

MORE NEWS YOU SHOULD KNOW

- ◆ Residents enjoyed fireworks on the patio (sparklers) and firecrackers (poppers) for July 4th
- ◆ Residents received absentee ballots for the August primary. Absentee ballots will be provided for the November election.
- ◆ Marie Waugh visited The New England Center for Circus Arts and swung from the ceiling.
- ◆ Tim O'Connor visited and provided Irish music. He will return in March of 2013.
- ◆ We thank Dick Stewart for his many years as a poker volunteer. We wish you well, Dick.
- ◆ The LaBarge Family donated shampoo to the Brattleboro Drop-In Center. Thanks for the Drop-In Program.
- ◆ Jane Cook visits on Wednesdays with her nail cart.
- ◆ Thompson House participated in the July Fourth Parade. Residents rode in the bus and watched from the Canal Street hospital bank.
- ◆ Putney Grammar School and Guilford School visit monthly and share visits and songs
- ◆ The Sunset Club of Thompson House regularly decorates brown shopping bags for Avenue Grocery.
- ◆ Mollie Burke provides quarterly reports from Montpelier and visits regularly.
- ◆ Marion Unsicker, Bernice Dunbar and Lois Schneider recently displayed their artwork in Brattleboro Library.
- ◆ Residents recently donated \$25 to Windham County Humane Society's Walk for Animals.
- ◆ Residents recently donated \$25 to Alzheimer's Walk.



Eugene Friesen, cellist.

TIPS FOR OUR FANTASTIC VOLUNTEERS

AS FALL AND WINTER APPROACH, we need to be mindful of the things we can do to keep ourselves and the residents healthy and happy:

- ❖ Remember to wash your hands or use hand sanitizers.
- ❖ Cough or sneeze into your shoulder or into a tissue.
- ❖ If you are ill with a fever, cough, or temperature, please call us to let us know, and stay home and get well.
- ❖ Eat healthy foods, get plenty of rest, and exercise.
- ❖ Speak to your doctor about the flu shot.

—Sandy Merkle, RN
Infection Control

RESIDENT ARTISTS ON EXHIBIT

RECENT ART SHOWS AT
THOMPSON HOUSE:

Bernice Dunbar

Shirley Webster

Marion Unsicker

*Thanks to art teachers
Marilyn Allen and Trudy Crites.*

PANDA NORTH

Chinese & Japanese Restaurant

1332 Putney Road • Brattleboro, VT

Tel: 257-4578 / 257-4486

www.pandanorth.com

Thanks for order-out Chinese luncheons!

THANK YOU

THANKS TO ALL WHO HELPED with our fundraising efforts at the Vermont Welcome Center. We raised \$1,000 for the Activities Program.

◆ CORPORATE SPONSORS

Green Mountain Coffee Roasters
 Vermont Bread Company
 Price Chopper
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 FitzVogt
 Avenue Grocery
 Green Mountain Orchard
 Grafton Village Cheese Company
 Brueggers Bagels
 Paradise Farms

◆ RESIDENT WORKERS

Grace LaFountain
 Marie Waugh
 Peggy Coty
 Dot Pollard

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 Les and Arlene Sherman
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 Orly Munzing
 Winnie Vogt
 Betty and Bill Tyler
 Jeannie Crosby
 Tom Crowninshield
 Marie Waugh
 Margaret Bemis
 Connie Healey
 Connie O'Masta
 Barb Miller

◆ ON-SITE VOLUNTEERS

Joanne Ulbrandt
 Cindy and John Wilcox
 Shayne Berry
 Connie Healey
 Bernice Sullivan
 Ben Abel
 Bess Richardson
 Sandy Merkle
 Toby Price
 Charlie Richardson
 Chuck Cummings

◆ BAKERS

Brianna Bourne
 Gail Brown
 Cooks Corner
 Lin Taggard
 Mary Jones
 Teresa Masiello
 Donna Borofsky
 Judy LeFevre
 Katie O'Brien
 Isabelle Gander
 Laurie Chipperfield
 Erwin Stockwell
 Judy Abascal
 Sid and Eva Sherman
 Bill Manley
 Cheryl LaBarge
 Bethany Kemp
 Dot Atomanuk
 Doris Stephens
 John Abel
 Carol Eddy
 Alan Bills & Florence too!
 Ayla Clark
 Luella Frechette
 Renee
 Chris Forbes
 Jean Momaney
 Trudy Crites
 Bess Richardson
 Joan Lord

WISH LIST

- ❖ liquor for special cocktails
- ❖ gifts for birthday presents

The following items are needed for THE NELSON WORTHINGTON CONFERENCE ROOM, our new social sitting area on upper level:

- ❖ 1-cup coffeemaker
- ❖ coffee table



VOLUNTEER WISH LIST

- ❖ Volunteer to lead Bible study
- ❖ Volunteer to read to residents
- ❖ Volunteer to read *Brattleboro Reformer*
- ❖ Volunteer to help with poker games
- ❖ Volunteer to set up Activities Facebook page

ACTIVITIES MOTTO:

"What lies behind us and lies before us are tiny matters compared to what lies within us."
 —Emerson

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



Thompson House

ACTIVITIES DEPARTMENT:
 Sandra Ware ◆ Meredith MacDonald
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