



Thompson House

Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

FALL 2016

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2016 – 2017

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FRIENDS OF THOMPSON HOUSE

WE HAD A WONDERFUL SUMMER and look forward to a beautiful fall season. We, at Thompson House, would like to thank our wonderful volunteers who support our activities 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*



Go jump in a lake? You bet! We had a beautiful day at the beach at Spofford Lake in Spofford, New Hampshire.

NEWS FROM THE OFFICE OF OUR ADMINISTRATOR



Dane A. Rank
Administrator

October, 2016

Dear Friends, Families, and Residents,

Thank you to so many of you who are helping us achieve our goal of restoring the patio, which is an essential amenity of Thompson House, used by all of our residents and their guests. Our grass-roots fundraising efforts have been quite successful so far, raising over \$5,000 towards our goal. The Board of Directors is helping with our annual appeal, with all of the proceeds to be contributed towards this worthy effort.

Local sponsors Benevolent and Protective Order of Elks #1499 and Brattleboro Savings & Loan Association have thrown their weight behind our efforts to move the project forward. Applications have been submitted to some local and federal agencies, and we are anticipating raising more funds before applying for the matching grant from the State of Vermont. The more we can raise from local sources, the more Vermont will help us matching 1 to 1 in the effort, up to \$25,000!

Our volunteers have been at the forefront of this endeavor. Thank you all for continuing to support us both here and in the community. We appreciate everything you do to make the lives of everyone here a little better. With all of us working together, our success is assured.

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!

DEDICATION

We dedicate the Fall 2016 *Volunteer Gazette* to our volunteers, each and every one of you. We are truly grateful for the joy you bring to Thompson House and the experiences you share. We are grateful and honored to have such terrific friends in our home.

THE 2016 SENIOR OLYMPIC GAMES

THOMPSON HOUSE GOES FOR THE GOLD! The 2016 Senior Olympics were held at Applewood Center in Winchester, NH on September 1st. Molly Ferris, Bob Michalke, Jane Jamrog, Jeanne Rueter, Ruth Struthers, and Thelma Mason represented Thompson House. Our team won the bronze medal in darts! It was an exciting day and all who attended received a medal.



Strike! A Thompson House resident competes in the bowling division at The Senior Olympics.

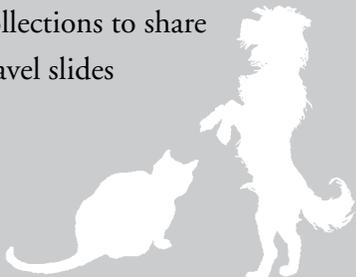


The Thompson House team brought home many medals, including the bronze medal for darts in this year's Senior Olympics.

SHARING YOUR LIFE EXPERIENCES

We always welcome:

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



THOMPSON HOUSE REHABILITATION: WE'LL PICK YOU UP & BRING YOU HOME AGAIN

THOMPSON HOUSE REHABILITATION, both for residents and non-residents alike, offers:

- ❖ Physical, occupational, and speech therapy
- ❖ Personalized treatment plans: friendly, fun and effective
- ❖ Free transportation available within Brattleboro

TO SCHEDULE AN APPOINTMENT:

Contact Lesley Kubacki, Director of Rehabilitation,
(802) 254-4977 ext. 244.

UPCOMING EVENTS

OCTOBER

- Oct. 5 Shopping trip
- Oct. 13 Trip to Winchester Stables
- Oct. 31 Halloween costume party & contest. Cash prizes for residents and staff.

“Foliage Rides” – van rides twice a month all through October & into November

NOVEMBER

Trip to “Magic Wings” Butterfly Conservatory & Gardens in Deerfield, MA

DECEMBER

Trip to Bright Nights, drive-through display of Christmast lights with music, followed by dinner out

Trip to Yankee Candle in Deerfield, MA



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

MANY THANKS

We are very grateful to drivers **George Pond** and **Mac Jones** for all the bus rides and trips!



KRAFT KORNER

This is such a fun group! All residents are encouraged to participate. We have made mosaics out of sparkling gems, and recently, we made table decorations for Halloween with mason jars. Often, residents come to observe, but they usually end up joining in and making something.

In December, we are planning to make cookie-cutter bird seed ornaments for the birds. Hopefully this will encourage some of our male residents to attend and join the fun. Also, we may make a Christmas display. We are thinking of trying to make a village out of decorated birdhouses, an ambitious aspiration. This is going to take several gatherings. However it comes out, we will have fun!

There also may be a jewelry class included in our Fall schedule.

—Kathy Clark & Meredith McDonald

LOBSTER LUNCHEON AT NUBBLE LIGHT, YORK, MAINE

THERE'S NOTHING LIKE a day at the ocean: the sound of the surf, the cry of seagulls, the fresh salt air, and the beautiful views. We recently toured the scenic coast of York, Maine in our trusy van, thanks to driver George Pond. We visited the Cape Neddick Lighthouse, known as Nubble Light, in Cape Neddick, York, Maine. Built in 1879, Nubble Light is a famous American icon and a classic example of a lighthouse. After visiting the lighthouse, we had fresh lobster and seafood for lunch, and enjoyed soft-serve ice cream for dessert. A wonderful day was had by all!



HEALTH TIPS FOR FALL

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

—Sandy Merkle, RN

GENTLE REMINDERS

- ❖ Please wear a name tag.
- ❖ Please knock on all doors before entering.
- ❖ Please remember to respect the confidentiality of our residents.
- ❖ Be aware of the need for good hand hygiene.
- ❖ 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

PRICE CHOPPER

499 Canal Street
Brattleboro, VT

◆
(802) 254-3424

Winchester Stables

SOUTHERN VERMONT THERAPEUTIC
RIDING CENTER

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.

DUNKIN' DONUTS

Putney Road • Brattleboro

254-4987

Residents enjoy munchkins
every other Sunday.

KONA ICE

of New Hampshire

◆
Jim & Sharon Sweeney

(603) 903-1300



Thompson House residents showed their patriotism by participating in the 4th of July parade in Brattleboro.



COOK'S CORNER & COMMUNITY OUTREACH

WE HAD A TERRIFIC SUMMER, and now we look forward to Autumn, a great season in New England. The foliage is spectacular and the smell of the air is clean and crisp. For us cooks, it has been a quiet Summer because our residents were out and about frequently, eating on the run. Most of our gatherings were making goodies to contribute to the Vermont Welcome Center Fundraiser that was in mid-September. We provided cookies and brownies. Now it's time for cider, apples, cranberries, and pumpkins. The aroma that comes from all is refreshing. This stirs the mind up for the holidays coming.

Our Community Service Project continues monthly, preparing food for Fishes and Loaves. We always receive a "Thank You" from Fishes and Loaves, and this makes our group feel good. Jean Momaney, who transports our sandwiches, reports that there is a large group of volunteers at the church cooking and serving meals. A lot of people attend—from young to old—including children.

Movie and lunch days continue. The last few movies were "The Proposal," and after an attempt to watch "Mr. Holland's Opus" failed due to a poor disc, we watched "It Could Happen to To You," a romantic comedy. The group is hoping to see "Sully" when it comes out on disc. Me too. Maybe in December.

—Kathy Clark, *Cook's Corner*

THOMPSON HOUSE IS ALIVE WITH THE SOUND OF MUSIC

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

- ❖ Harpest Ayla Clark runs Rhythm Circle. She passes out instruments for residents to play along.
- ❖ It's always a pleasure when harmonica player Rob Fletcher visits.
- ❖ Dave Mindell, Rockin' Robin, gets us jumpin' and jivin.'
- ❖ Becky Graber, leads our jubilant Glee Club twice a month.
- ❖ Peter and Marion Abell share marvelous music.
- ❖ Gin Mill Bill is an all-time favorite among residents. He sings and plays guitar weekly, always brightening our spirits.
- ❖ Jack Dunham plays golden oldies from the 50s and 60s.
- ❖ Jim Knapp specializes in "Old Woodchuck" music.
- ❖ We enjoy a game of "Name That Tune" whenever Steven Damon visits.
- ❖ Stephan Brandstatter provides sound healing therapy.

- ❖ Shelly Sparks plays ethereal flute music.
- ❖ Fred and Erwin Stockwell, and Irma Robertson, known as The Stockwell Family Singers, bring us a lively, karaoke-style show.
- ❖ Dan Fyffe, acoustic guitarist and singer, plays for us monthly.
- ❖ Ron Quinlin leads a karaoke session when he visits.
- ❖ Michelle Pulver inspires us with uplifting music.
- ❖ Pete Harrison serenades us his beautiful piano music.
- ❖ Jean Momaney plays guitar with Gin Mill Bill once a month in a group called Yesterday's Wine.
- ❖ Tim O'Connor enriches our lives with Irish music and videos.
- ❖ Ron Banks, guitarist and vocalist for the Solid Gold Cadillacs, treats us monthly with his lively music.
- ❖ Laura Burdo and friends sing hymns with us.
- ❖ Sandy and George Handy of the Agape Choir inspire us with Christian songs.
- ❖ Trumpet player Alan Bills rocks the House, performing once a month with the Bills Band.
- ❖ Richard Eriksen brightens our day with his lively piano tunes.
- ❖ Dan Sicken plays guitar, harmonica, and sings folk music for us.
- ❖ John and Elizabeth Wheeler, known as the Just Us Band bring us religious music.
- ❖ Fred & Ginny Wolfe entertain us with lovely accordion music.
- ❖ Eddie Benoit – Little Eddie plays Classic Country and Blues.



Excitement, entertainment, and great food made for a winning trip to Mohegan Sun gambling casino.

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
Dolores Konchalski
Ed Malony
Beverly Shaw
Monica Sherman

WISH LIST

WE ARE ALWAYS GRATEFUL FOR:

- ❖ Christmas gifts
- ❖ button-up sweaters
- ❖ birthday cards
- ❖ birthday gifts
- ❖ birthday wrapping paper & bows
- ❖ red & white wine
- ❖ liquor for cocktails
- ❖ bags of chocolates
- ❖ sugar-free chocolates
- ❖ DVD movies
- ❖ 2017 calendars

VERMONT WELCOME CENTER FUNDRAISER

MANY THANKS to everyone who helped make our Vermont Welcome Center Fundraiser a huge success! We raised \$1,500.⁰⁰ for the Activities Department.

Grafton Cheese
 Dunkin' Donuts
 Price Chopper
 Theresa Masiello
 Toby Price
 Sandy Merkle
 Jean Momaney
 Joann Howard
 Mikey DeMatteis
 Bob Michalke
 Stacy Malmberg
 Todd Frost
 Janet Gentry
 Jen Littlefield
 Linda Farnum
 Larry & Regina Stowell
 Lin Taggard
 Stuart Copans
 Michael Hudson
 Mary Jones
 Katie O'Brian
 Martha Kinghorn
 Cathy Murphy

Donna Borofsky
 Brittany Sanville
 Nancy LeClaire
 Mary Martell
 Diann Johnson
 Doreen Boyer
 Kathleen Saunders
 Kim Hall
 Richard & Margo Langlois
 Sharon Steidle
 Meredith MacDonald
 Wayne Billard
 George & Polly Pond
 Marie O'Brien
 Judith Manley
 Lillian Manley
 Betty Williams
 Tova Malin
 Gladys Claybrook
 Bill & Betty Tyler
 Amanda Scudder
 Heidi Lebron

HOLIDAY GIFTS



PLEASE HELP make our holidays merrier. The Activities Department would sincerely appreciate any donation of holiday gifts for residents (unwrapped). Please deliver gift items either to the front desk or to the Activities Department, and feel free to call (802) 254-4977 ext. 242, or email activity@sover.net, if you have any questions.

VOLUNTEER WISH LIST

- ◆ Volunteer to read to residents
- ◆ Volunteer to lead a craft class
- ◆ 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
- ◆ Volunteers to be a friendly visitor

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*.



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
 (802) 254-4977 ext. 242