



Thompson House

Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

WINTER/SPRING 2016

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2016

BOARD OF DIRECTORS

President
Theresa Masiello

Vice President
Joe Fortier

Secretary
John C. Mabie, Esq.

Treasurer
John Abel

Kathleen K. Brooks

Trudy Crites

Donna Borofsky

Amy Thompson Landry

Betty Tyler

Charles Cummings, Esq.

David Neumeister, DDS

Herb Rest, MD

FRIENDS OF THOMPSON HOUSE

A GREAT BIG THANKS for celebrating another 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.



—Shannon Bratcher, *Activities Director*

SANTA AND MRS. CLAUS BRING HOLIDAY CHEER!



A big thanks goes out to David and Shirley Emery, Santa and Mrs. Claus.

A MESSAGE FROM OUR ADMINISTRATOR



Dane A. Rank
Administrator

February, 2016

Thank you Volunteers!

WE WELCOME A BEAUTIFUL, early Spring, but at the same time, Spring has brought with it a great deal of work at Thompson House. We are currently helping our neighbors with issues related to slips and falls – and preventing them. Enjoy the nice weather, be careful, and if you should have a fall, know that we are here for you.

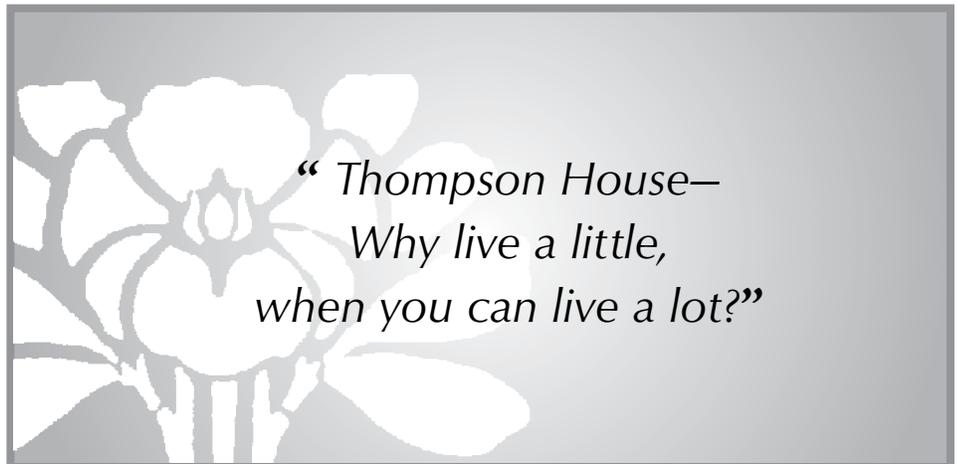
Our Outpatient Rehabilitation Program provides free transportation to our neighbors in Brattleboro both to the program, and back home. Please join me in recognizing this great new program in the service of our community.

Sincerely,

Dane Rank
Administrator

SPECIAL THANKS

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



UPCOMING EVENTS

FEBRUARY

Feb. 22 Van Ride with Mac Jones

MARCH

Shopping Trip

Mar. 5 Humane Society Trip to Visit the Cats

Mar. 14 Spa Day with Over the River Day Spa

APRIL

Volunteer Recognition Dinner

Apr. 20 Terry Bloss will present a folk music show. He is from Texas & has scheduled 24 shows in 24 states in 37 days. We are his Vermont show!

TRIP TO BRIGHT NIGHTS HOLIDAY ATTRACTION



HOLIDAY NIGHT LIFE

WE TOOK A VAN RIDE 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.



Night riders. Residents of Thompson House visit Bright Nights holiday attraction.

ROOM FOR ONE MORE

ARE YOU CONSIDERING a move to residential care living? Thompson Residential Care accommodations boast lovely private rooms, central air conditioning, cable TV, WiFi and, perhaps most comforting for all concerned, 24/7 skilled nursing care. Our amenities include three chef-prepared meals a day, laundry and housekeeping services, an extensive activities program, an in-house hair salon, day-trips, outings to local stores and restaurants, seasonal barbecues and fishing trips, live music, and 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.

ONGOING ACTIVITIES

- ◆ George & Polly Pond lead our weekly Bingo session, and they also take us on splendid trips.
- ◆ Edna Fletcher and Kate Snow join us in the library.
- ◆ Mac Jones provides outings in our van once a month.
- ◆ Chuck Ranney helps the Activities Program with office work every week.
- ◆ Lynette Hamilton provides dog visits.
- ◆ Nancy Tierra brings us yoga and movement therapy.
- ◆ Bill Tyler brings popcorn weekly!
- ◆ Margaret Bemis and Florence Storey play bridge with residents.
- ◆ Carol Eddy leads a storytelling group each month.
- ◆ Deb Reed Savory provides weekly dog visits for residents.

VOLUNTEER WISH LIST

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

HAPPY HOUR

HAPPY HOUR happens once a week at Thompson House. We are joined by Jude LeFevre, Toby Price, Lyn Taggard, and Hank Lang. This is a huge group, full of jokes and lots of fun. Needless to say, Happy Hour is a huge success. Remember, we always need white wine, as well as liquor for cocktails.

MONTHLY LUNCHEON

ONCE A MONTH, Mary Jones dishes up a tasty, special luncheon. We all have great laughs and lots of fun. During our gathering, we come up with ideas for the next month's luncheon. February's theme is Valentine's Day and our luncheon will feature the color red.

KRAFTY CORNER



Jewelry and greeting cards are among the many hand-crafted items we've created in Krafty Corner.



KRRAFTY CORNER is a huge success among Thompson House residents. Meredith and I were so proud of the beautiful door decorations we made for the holidays. We also made holiday cards, as well as jewelry. All decorations came out great. For our next project, we will make earrings, with helpful tips and suggestions from Val. None of us are experts, but we have fun. Krafty Corner presently meets every other month. Residents are welcome to join or just observe.

—Kathy Clark &
Meredith McDonald
Krafty Corner



THOMPSON HOUSE JOINS WITH NEW MOMS NETWORK

A Thompson House resident cuddles a new baby, as part of the New Moms Network, a program offered in conjunction with Brattleboro Memorial Hospital, designed to support new mothers and their babies.



WOW FROZEN YOGURT VISITS FREQUENTLY

WOW FROZEN YOGURT visits Thompson House residents monthly, and we love it. They offer a selection of 5 different flavors every time, one of which is sugar-free, and another of which is dairy-free. Frozen yogurt is a high protein, low calorie, delicious and healthy treat. Many thanks!

WOW FROZEN YOGURT

122 Main St. • Brattleboro, VT
(802) 579-1255

GENTLE REMINDERS

- ❖ Please wear a name tag.
- ❖ Please remember to respect the confidentiality of our residents.
- ❖ Please knock on all doors before entering.
- ❖ Please call us if you feel your health would put our residents at risk.
- ❖ Be aware of the need for good hand hygiene.
- ❖ 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.
- ❖ If 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.
- ❖ 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?

—Sandy Merkel, RN
Infection Control



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

THE MUSIC PLAYS ON AT THOMPSON HOUSE

THE MUSIC NEVER STOPS at Thompson House. Here are some highlights for which we are grateful:

- Fred & Ginny Wolfe entertain us with their lovely accordion music.
- Gin Mill Bill is an all-time favorite among residents. He sings and plays guitar weekly, always brightening our spirits.
- Pete Harrison serenades us his beautiful piano music.
- Jim Knapp specializes in "Old Woodchuck" music.
- We enjoy a game of "Name That Tune" whenever Steven Damon visits.
- Becky Graber, leads our jubilant Glee Club twice a month.
- Dave Mindell – Rockin' Robin, gets us jumpin' and jivin'.
- Eddie Benoit – Little Eddie plays Classic Country and Blues.
- Michelle Pulver inspires us with uplifting music.
- Jean Momaney plays guitar with Gin Mill Bill once a month in a group called Yesterday's Wine.



Gin Mill Bill is very popular among Thompson House residents. Not only is he a great performer, but he knows everybody's name, as well!

- 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.
- Guitarist Jack Arensmeyer brings back memories with old-time music.
- Peter and Marion Abell share engaging music.
- Guitarist and singer Dan Fyffe plays for us every other week.
- Paul & Laura Burdo bring us religious music.
- Sandy and George Handy of the Agape Choir inspire us with Christian songs.
- Karen Dugan presents the Guilford School concert.
- Jack Dunham plays golden oldies from the 50s and 60s.
- 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.
- Frank Rosano serenades us with piano music.
- Dan Sicken plays guitar, harmonica, and sings folk music for us.
- Fred and Erwin Stockwell, and Urma Robertson, known as The Stockwell Family Singers, bring us a lively, karaoke-style show.
- John and Elizabeth Wheeler, known as the Just Us Band bring us religious music.
- Stephan Brandstatter provides gong therapy.
- Harpest Ayla Clark runs Rhythm Circle. She passes out instruments for residents to play along.



Which witch is which? Withces and goblins filled the halls of Thompson House this Halloween, eluding onlookers.

National Volunteer Week

APRIL 12 – 18

We will be hosting our annual
VOLUNTEER RECOGNITION DINNER
at the Marina that week.



National Nursing Home Week

MAY 8 – 14

Activities will plan a fun and
exciting week!



We enjoyed the holiday ornaments, some life-size, at our recent trip to Yankee Candle.

HEALTH TIPS FOR SPRINGTIME

SPRINGTIME IN VERMONT is a great time for new beginnings. Plants are coming up and we're all 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 rules of infection control. Here are some important tips for keeping your immune system strong:

- ❖ Eat healthy foods.
- ❖ Get plenty of rest and exercise.
- ❖ Remember to wash your hands frequently or use hand sanitizers.
- ❖ If you become ill, stay home and get well.

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

—Sandy Merkle, RN
Infection Control

OUTPATIENT REHABILITATION PROGRAM NOW OFFERED AT THOMPSON HOUSE

DID YOU KNOW that Thompson House offers a full-service Rehabilitation Program for individuals living within the community, as well as for our residents? We are proud and honored to fill this growing need within our community.

THOMPSON HOUSE REHABILITATION OFFERS:

- ◆ Physical, occupational, and speech rehabilitation
- ◆ Customized treatment plans designed to maximize progress and help you meet your goals
- ◆ Therapy that's friendly and fun, as well as effective
- ◆ Free through-door transportation available within Brattleboro, both to and from appointments

If you or a loved one needs therapy, or if you just have questions, please contact **Lesley Kuback**, Director of Rehabilitation, at **(802) 257-3740 ext. 244**. After all, we are "neighbors caring for neighbors."



Thompson House

ACTIVITIES DONOR CARD

Happiness, joy, laughter, learning, meaningful experiences. These are all reasons why a donation to the Activities Program at Thompson House matters.

Yes, I/we would like to contribute to the Activities Program at Thompson House to help enrich the lives of residents.

Enclosed is my/our contribution of \$ _____ .

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Telephone: _____

THIS GIFT IS MADE:

in memory of:



in honor of:

Please fill out this form and mail it, with your check, to the address below. Or feel free to hand-deliver your gift to Thompson House.

80 Maple St., P.O. Box 1117 • Brattleboro, Vermont 05302-1117 • (802) 254-4977 • thouse@sover.net • www.thompsonhouse.info

WISH LIST

WE ARE ALWAYS GRATEFUL FOR:

- ❖ DVD movies
- ❖ music CDs
- ❖ small CD players and radios for resident rooms
- ❖ birthday wrapping paper & bows
- ❖ birthday cards
- ❖ art supplies
- ❖ birthday gifts
- ❖ button-up sweaters
- ❖ warm gloves, hats, & scarves
- ❖ boxes of chocolates
- ❖ sugar-free chocolates
- ❖ liquor for cocktails
- ❖ white wine

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*.

COOK'S CORNER & COMMUNITY OUTREACH

WE CELEBRATED THE HOLIDAYS together. We hope you and yours had pleasant days as well. Cook's Corner made some cookies and candy goodies for Thompson House employees during the holiday season. Now we can all start thinking about Spring.

This Spring we will be focusing on some of our favorites which we made during the past year. Also, we will be trying out pudding cookies (the flavors are endless). These are so easy to make and good to eat.

The best part of this group is the conversations we have. We just recently gave someone romance advice (Shhh!!!!). We are not telling. We have such a good time.

Our community project Loaves and Fishes remains an important activity, as this project enables residents to help less fortunate individuals in the community. We make sandwiches, as well as cookies and brownies, and donate them to the homeless (and hungry) in our local community. We couldn't complete this project without Jean Momaney. Many thanks, Jean, for all your help.

The monthly movie and lunch remains a favorite. In December, we watched "Christmas Vacation" and we all laughed so hard. Laughter is so good for the soul. We all love comedy, and we have quite a collection of comedies in our library of videos.

—Kathy Clark, *Cook's Corner*

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



Thompson House

ACTIVITIES DEPARTMENT:
Shannon Bratcher
Amanda Scudder ♦ Kathy Clark
(802) 254-4977 ext. 242

WORSHIP PROGRAM

LEADERS

Father James Dodson
Catholic Mass

Paul and Mary Miller
Bible study

Ron Veenema
Community Bible Chapel

Lucy Porter
Catholic Communion

Susanna Griefen
worship service

Rev. Cheryl Meecham
worship service

Bill Steele
worship service

WEEKLY ROSARY GROUP

LEADERS

Beverly Shaw

Ed Malony

Larry Hannigan

Monica Sherman

Dolores Konchalski