



Thompson House

Volunteer Gazette

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

SUMMER 2016

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2016 – 2017

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FRIENDS OF THOMPSON HOUSE

WELCOME SUMMER! It was a wonderful Spring and we anticipate a spectacular Summer! We look forward to warm Summer days celebrating outside with band concerts and ice cream! We have been enjoying the bright sun and beautiful flowers on the patio with the peaceful sounds of nature. A great big **thank you** to all our volunteers who bring so much joy to Thompson House. Thank you for helping us to continue to make it possible for us to provide a varied activity program.



—Shannon Bratcher, *Activities Director*



A Thompson House resident pets a horse at Winchester Stables in Newfane, Vermont.

A MESSAGE FROM OUR BOARD OF DIRECTORS

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PLEASE HELP US SAVE OUR PATIO

We love our patio. For decades, the outdoor access has provided a constant source of enjoyment for Thompson House residents. Picnic tables beneath the maple trees, abundant flowers, and ample seating ensure small, sunny excursions during the summer months, whether enjoying lunch, or enjoying some fresh air. The patio is a mecca for activities where friends from the community come to visit residents on a regular basis. Visitors have included donkeys, llamas, goats, sheep, dogs, rabbits, Strolling Heifers, and the Humane Society.

However, many years of use and weather have taken a toll. **Our patio is in need of repair.** For the past two years, it has been necessary for staff to accompany residents one-on-one when they go outside onto the patio because of safety concerns due to the increasingly uneven surface. At this point, unassisted use of the patio is restricted to only a few spry and capable residents. We would like **all** of our residents to be able to continue enjoying the patio, but this will require significant repairs.

We have a plan. Based on estimates, the cost of restoring our patio to meet required safety regulations is roughly \$38,850. We are building on our grass roots fund raising strategy and are confident that we will meet our goal.

We plan to cover a portion of the cost of the project through annual appeal donations from our local community. We will apply donations from last year, as well as anticipated donations from this year. We are also seeking a grant through the USDA. Additionally, we are seeking a matching grant through the State of Vermont Recreational Facilities Grant Program. We are also seeking sponsorships from local organizations, including Brattleboro Savings & Loan Association and KeyBank, as well as private donors.

HOW YOU CAN HELP

This is where we need **you!** Both of these grantors require documentation of community support. Please help us in achieving our goal of saving our patio. **Simply sign the enclosed card and return it to us in the enclosed envelope.** This will ensure that your name is added to our fund raising petition. We need as many signatures as we can get. If you know someone else who shares our goal, please have them sign a card, too. **If you would like to make a donation to our campaign, please include your check with the card and return them to us in the enclosed envelope.** Thank you.

—BMAA Board of Directors

UPCOMING EVENTS

JULY

- July 4 4th of July Parade
- July 6 Lunch Trip to the Marina Restaurant
- July 24 Westmoreland Town Band Outdoor Concert, 2:30 PM
- July 27 Trip to Mohegan Sun Gambling Casino

JULY & AUGUST

Donkey Visits

AUGUST

Picnic and Swimming at Spofford Lake

- Aug. 24 Trip to Maine to Visit Nubble Light

SEPTEMBER

Senior Olympics

- Sept. 17 Fundraiser at the Vermont Welcome Center

ONGOING SUMMER EVENTS

Kona Ice Cream Truck Visits twice monthly during the Summer

Van Rides twice monthly

Golf Cart Rides

TRIP TO WINCHESTER STABLES



WE HAD A WONDERFUL VISIT TO Winchester Stables in Newfane, Vermont. Thanks to Lynn and Jude, our Happy Hour ladies, for taking us to Winchester Stables on such a beautiful day. Our sincerest thanks to the kind folks at Winchester Stables who brought out horses and our good friend Franko the Donkey.

WELCOME CENTER ANNUAL FUNDRAISER HELP IS WELCOME!

ON SATURDAY, SEPTEMBER 17, we will host a baked goods table at the Welcome Center. Tourists stopping at the Vermont Welcome Center will be treated to snacks and welcomed to Vermont. This is a great way for the Activities Department to raise funds while also letting people know about Thompson House.

We would appreciate baked items such as brownies, cookies, breads, or donuts. Or please bring snacks such as fruit, or chips. We also need beverages such as water, juice, coffee, tea, as well as cups for hot & cold drinks.

If you would like to financially support our activity, please contact Shannon Bratcher at 254-4977 ext. 242. Please deliver all items by **Thursday, September 15th** to the Charles Cummings Activities Room on the lower level.



SPECIAL THANKS

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

WEEKLY ACTIVITIES

Many thanks to our volunteers:

- ◆ Deb Reed Savory provides dog visits for residents.
- ◆ Bill Tyler brings popcorn!
- ◆ Lin, Jude, Toby, & Hank bring us Happy Hour.
- ◆ George & Polly Pond lead our weekly Bingo session.
- ◆ Chuck Ranney helps the Activities Program with office work every week.
- ◆ Jane Cook gives us manicures and paints our nails.
- ◆ Margaret Bemis and Florence Storey play Bridge with residents.

ONGOING ACTIVITIES

Many thanks to our volunteers:

- ◆ Carol Eddy leads a storytelling group each month.
- ◆ Nancy Tierra provides yoga and movement therapy.
- ◆ Edna Fletcher and Kate Snow join us in the library.
- ◆ Lynette Hamilton brings us dog visits.

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



SWINGING GOOD TIMES!



We took a trip to the Townshend Dam where we had a picnic lunch and played in the playground.

KRAFTY CORNER

KRRAFTY CORNER has become quite popular. We try to provide two types of crafts. Usually jewelry is a favorite. The ladies have fun making necklaces, earrings, and bracelets. During our last session, a group made flowers out of dyed coffee filters and they are being displayed on the tables here as decorations for Summer. Good job ladies! Coming up, we are going to try making some mosaics using different things like buttons, beads, beans, and various found objects. Many of the residents discover that they are more creative than they ever expected. Also, we going to make a “flower ball” using styrofoam and artificial flowers. This should be fun. We get new people each time.

—Kathy Clark & Meredith McDonald

KONA ICE of New Hampshire

◆
Jim & Sharon Sweeney
(603) 903-1300

Winchester Stables

SOUTHERN VERMONT THERAPEUTIC
RIDING CENTER

336 River Road • Newfane, VT 05345

(802) 365-9434

Horseback riding with Peggy Coty



MANY THANKS

Many thanks to **Mac Jones** for driving our van in the 4th of July Parade and for taking us for so many pleasant trips.



A highlight of Spring: Mike Clough from Southern Vermont Natural History Museum brought us a bird presentation.

THOMPSON RESIDENTIAL CARE

More than you thought for less than you'd think.

“RESIDENTIAL CARE? ME?” Well, that’s up to you. Consider, though, that Thompson Residential Care boasts lovely private rooms, central air, Cable, and WiFi. “Fine,” you might say, “But I’ve got most of those things at home, now.” Fair enough. How about three chef-prepared meals a day, laundry and housekeeping services? Sound good? Now add 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? Not bad, right? We think so. Now, on top of all that, add the comfort – for you, your friends, and your family – that comes with round-the-clock skilled nursing care. Come on in, have a look around, and see what you think – make it a Wednesday and we’ll even buy you lunch! Call **Michael Hudson** at **(802) 451-6222** to arrange your tour.

PLEASE HELP US PARTICIPATE IN THE 4TH OF JULY PARADE

July 4, 2016, 9:30 – 11:30 AM

WE LOVE A PARADE! Please help us attend the 4th of July Parade in Brattleboro. Lucky for us, at Thompson House, we are able to watch the parade from the end of the street, but we could use some assistance getting there, and we’d love for you join us.



VOLUNTEER WISH LIST

- ❖ 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
- ❖ Volunteer to lead a craft class
- ❖ Volunteer to bring friendly dogs/pets to visit
- ❖ Volunteers to be a friendly visitor

EMPLOYEES RECEIVE AWARDS



LNA Cindy Chaffee is recognized for 20 Years of Excellent Service.



Activities Director Shannon Bratcher is honored with a *Caring Spirit Award*.



Head Chef Bernie Arbuckle is honored with a *Caring Spirit Award*.



LNA Jennifer Littlefield is honored with a *Caring Spirit Award*.

WESTMORELAND TOWN BAND PLAYS AT THOMPSON HOUSE

JULY 24, 2016 AT 2:30 PM

THOMPSON HOUSE will host the Westmoreland Town Band for a free, outdoor concert on Sunday, July 24, at 2:30 p.m. Everyone is welcome. Please join us!

The Westmoreland Town Band has been playing for 35 years and features musicians from the area. Bring chairs or a blanket to sit on. Plan to park along Maple Street.

Call Activities Director Shannon Bratcher at 802-254-4977, ext. 242 for more information.

GENTLE REMINDERS

- ❖ Please remember to respect the confidentiality of our residents.
- ❖ Please knock on all doors before entering.
- ❖ 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.
- ❖ 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.
- ❖ 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 wear a name tag.

—Sandy Merkel, RN
Infection Control

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:

- ❖ Gin Mill Bill is an all-time favorite among residents. He sings and plays guitar weekly, always brightening our spirits.
- ❖ Frank Rosano serenades us with piano music.
- ❖ Guitarist and singer Dan Fyffe plays for us every other week.
- ❖ Becky Graber, leads our jubilant Glee Club twice a month.
- ❖ Peter and Marion Abell share marvelous music.
- ❖ Jim Knapp specializes in “Old Woodchuck” music.
- ❖ We enjoy a game of “Name That Tune” whenever Steven Damon visits.
- ❖ Stephan Brandstatter provides gong therapy.
- ❖ Harpest Ayla Clark runs Rhythm Circle. She passes out instruments for residents to play along.
- ❖ Dave Mindell, Rockin’ Robin, gets us jumpin’ and jivin.’
- ❖ Jack Dunham plays golden oldies from the 50s and 60s.
- ❖ Eddie Benoit – Little Eddie plays Classic Country and Blues.
- ❖ 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.
- ❖ Guitarist Jack Arensmeyer brings back memories with old-time music.
- ❖ 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.
- ❖ 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.
- ❖ 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.
- ❖ Fred & Ginny Wolfe entertain us with lovely accordion music.
- ❖ Shelly Sparks plays etheriel flute music.
- ❖ Dan Fyffe, self-taught accoustic solo musician, plays for us monthly.
- ❖ Ron Quinlin leads a karaoke session when he visits.



The Morris Dancers recently performed at Thompson House.

WORSHIP PROGRAM LEADERS

Lucy Porter
Catholic Communion

Ron Veenema
Community Bible Chapel

Father James Dodson
Catholic Mass

Paul and Mary Miller
Bible study

Larry Farley
worship service

Susie Toleno
worship service

Susanna Griefen
worship service

WEEKLY ROSARY GROUP LEADERS

Beverly Shaw

Ed Malony

Larry Hannigan

Monica Sherman

Dolores Konchalski

MANY THANKS

Many thanks to **George Pond** for driving our van for so many wonderful Summer excursions and adventures.



Residents have fun and get exercise too with a parachute and a beach ball.

COOK'S CORNER & COMMUNITY OUTREACH

IT SURELY SEEMS AS IF SPRING arrived early with the warm weather we have had, and Summer is just a few weeks away but no complaints from here. We at Cook's Corner keep on baking through any weather. We've been busy with cookies (some unusual flavors, like watermelon), brownies, and whoopi pies. We boldly go where no cooks have gone before—trying brand new ideas, sometimes with surprising success, and other times with the occasional disastrous outcome. But we try. We have a good time. We talk about the past and try to keep up with the present. Soon we are going to have a taste of rhubarb pie—as I just received some, and maybe a bing cherry pie—as I see them in the market now.

Our participation with the Fishes and Loaves Organization as a Community Project is still a very important item for our small group. Making the sandwiches once a month for the hungry/homeless is rewarding to us. We also include all the goodies we make throughout the month. Thanks to Jean Momaney who transfers our goods. (This month, I took a small group of residents on a van ride to see Jean's chickens. They are really turkins. They have no neck feathers and are a little strange looking).

Movie and Lunch Group always looks forward to a movie. We never know what is going to come up. We watched an Academy Award Nominee "The Martian" and found it hard to get into, but halfway through it we began to get with it. Then there was "Cocoon" (about senior citizens befriending aliens to keep youthful) and we had some laughs. "Forest Gump" was a recent favorite. I was surprised that a few had never seen it. Frequently after the movies, we get into an open forum discussion. Last movie open forum became quite political. There were many interesting questions and opinions on present candidates.

—Kathy Clark, *Cook's Corner*

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*.

WISH LIST

WE ARE ALWAYS GRATEFUL FOR:

- ❖ red & white wine
- ❖ liquor for cocktails
- ❖ bags of chocolates
- ❖ sugar-free chocolates
- ❖ 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



Cinco De Mayo special Buffet Luncheon

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



Thompson House

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