



# Volunteer Gazette

Thompson House

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

WINTER 2013

BRATTLEBORO MUTUAL AID  
ASSOCIATION, INC.

2013

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## FRIENDS OF THOMPSON HOUSE

**WE WELCOME THE NEW YEAR.** We've got some great plans in store and we look forward to another great year. Once again, thanks for all you do. Thanks for being a part of our Thompson House family.

—Sandra Ware, *Activities Director*

## NEWS FROM THE ACTIVITIES DEPARTMENT

**I**T'S BEEN A WHILE since we've been in touch, but we've been living each day to its fullest! Fall fled by in a flurry of dazzling colors with flowering kale, pumpkins, and a kaleidoscopic flight of brilliant leaves. Halloween was a blast! We had a truly thankful Thanksgiving, and the holidays brought joy and meaning to our lives.

The House kept a' hoppin', thanks to our many musical guests. Many thanks to Patty Carpenter, piano; the Alan Bills Band; Eris Howe, piano; Amanda McCarthy, vocals; Jason O'Brian, guitar, Eugene Uman, piano; Eric Goodchild, bagpipes; Phelan Muller, bag pipes; Alan Dann, Estey organ; Shelly Sparks, flute; the Melodeons; Peter and Mary Alice Amidon; Heart to Heart Duo; Alice Gausch, piano; Pete Harrison, piano; Jack Arensmeyer & the Fall Town Band; Ken & Cal Heile; Gin Mill Bill and the Gingersnaps; Burdo Family Singers, gospel; Agape Chorus, gospel; Fred & Ginny, accordions; Ayla Clark, Turkish harp; Jim Knapp,

guitar; Tony Barrand, vocals; Wendy Spiro, piano; Blanche Mills, piano; Jon Evans, gospel; Andrea Howe, vocals; Stockwell Family Singers; Brattleboro Music Center Quartet; Bob Hancock; Simi Berman; and Dan Sicken, harmonica. We ought to start charging admission!

Thanks to our local eateries we have had numerous in-house "Taste of Brattleboro" dining experiences. We had apple cider donuts and cheesecake pie from Paradise Farm, apple pies from

*continued on page 3*



Babies visit from BMH, thanks to "A New Moms Network" program by Dawn Kersula.

## FROM THE OFFICE OF OUR ADMINISTRATOR

January, 2013



Dane A. Rank  
Administrator

Dear Volunteers:

Thank you for your continued efforts and goodwill for the benefit of the residents of Thompson House. You all bring the best of our community to everyone here. You make Thompson House a dynamic, engaging, and fun place to be, and you make a difference in the lives of everyone you touch through your volunteerism.

Of special note is that this month, we completed financing for the Cooler and Greener Project. With careful consideration of our "Brattleboro First" policy, we employed a local engineer, local construction services, and local banks. As a result, we were able to keep every dollar of the \$620,000 cost of the project in Vermont. Of this figure, roughly \$230,000 stayed right here in Brattleboro and the surrounding towns. Thank you to all of our generous neighbors who helped us complete this project!

Sandy has informed me of her intentions to continue making "Dreams Happen" for our residents. This has so far included horse riding, trapeze swinging, and with any luck, we'll soon be seeing a helicopter landing at Thompson House! Stay tuned as we continue to make dreams come true. Our sincere thanks go out to everyone who works so hard to make lives better every day. Please know that the time you spend painting, worshipping, singing, and playing is treasured by everyone here. You make the day more interesting, the meals more eclectic, and our souls a little lighter. Thank you for everything you do!

Sincerely,



Dane A. Rank, *Administrator*

### DEDICATION

We dedicate the Winter 2013 *Volunteer Gazette* to our Activities motto: **"Live in the Moment."**

**W**e plan our Activities Program around these four words: live in the moment. We strive to live in the moment on a daily basis. We try to bring the best sights, sounds, tastes and experiences to our residents in order to make each moment special. Thanks to every one of our wonderful volunteers who help us achieve this important goal. We can live in the present and make it so beautiful that it will be worth remembering.

### SPECIAL THANKS

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

## NEWS FROM THE ACTIVITIES DEPARTMENT

*continued from front page*

Dummerston Apple Pie Festival, soft-serve ice cream from Avenue Grocery, donut holes from Dunkin' Donuts, pumpkin pie from Vermont Country Deli, lox and bagels from Bruegger's Bagels, Kentucky Fried Chicken luncheon, fish dinners from Gillies and Chinese luncheons from Panda North.

We took our chances on our thoroughbred picks for the Breeders Cup Horse Race. But we had some good info, thanks to hot tips from our friend Steve Haskin, senior writer at Blood Horse Publications. And, speaking of sports, we played some great Bocce Ball with Wells Cunningham.

We always appreciate good visual art. Our monthly Gallery Walks brought us excellent exhibits by Barbara Baker Bury, Simi Berman, Deedee Jones and Caryn King. Kathy Meeks from Maybell Farm presented a needle felting exhibit. We always enjoy watching artists Robin Stronk and Maisie Crowther paint for us.



Patty Carpenter performs for residents.

Art in Motion rocks! We get to try our own hands at art too, thanks to art classes with Trudy Crites, art lessons with Marilyn Allen from River Gallery School, and handiwork classes with Bess Richardson.

We have also been treated to some great performance art and entertainment too. Serenity Smith Forchion and a troupe from New England Center for Circus Arts presented a thrilling display of acrobatics. The Argentine Tango Dancers warmed things up with their great tango dancing. And Doreen Wonderlick and her Italian greyhounds presented a fabulous Fall Fashion Show.

We welcomed many young visitors, including Linda Kosiba and guests from the Putney Grammar School, bringers of joy and pumpkins. And our young friends from Guilford School brought us gingerbread cut-outs, lollipop decorations and laughter.

Rupa Cousins helps us stay connected with our selves through movement, integrating mind with body, and bringing us joy.

We are Thompson House residents, and we vote! Annette Cappy, Brattleboro Town Clerk and Vermont Town Clerk of the Year helped us cast our absentee ballots in the Presidential election. We also expressed our patriotism at a Veterans Day program presented by Richard Guthrie and the American Legion, we talked politics with Mollie Burke, and Ray and Jeannie Walker hosted a presentation of flags from around the world.

We keep our minds active and sharp. Bev Thurber gave a farm presentation. We travelled the world



Board members Betty Tyler, Donna Borofsky and Trudy Crites.

and saw the most stunning sights the easy way, thanks to armchair travel presented by Chris Petrak, Les Sherman, and Bob Engel. Bill Holiday keeps us up to date on history. And we enjoy good reading, especially when Peggy Spencer, Carol Eddy, and Agusta Bartlett stop in and read to us.

Let the good times roll! Cheryl LaBarge and friends provided monthly socials, with art projects, games and more. We partied hardy with gin and tonics, Tom Collins, Margarita Mondays, Sombreros, hot toddys and rum & eggnog. Sometimes we stay up and share midnight snacks, including fresh, hot popcorn personally popped by premier popcorn popper Bill Tyler. Lin Taggard stops by regularly with her Happy Hour Cart. Who can resist cheese and crackers, chocolate, wine and soft drinks?

### HOLLANDS BLOOM

*Thank you, Linda Bailey.*



Beautiful flower gardens, flower beds, Fall & Winter arrangements

**254-6965**

## GENTLE REMINDERS

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

## ON THE ROAD AGAIN...



Thompson House residents took a coastal ride to York, Maine where we visited Nubble Light, had lunch at the Weathervane and ice cream for the road. Many thanks to Kathy Clark, Mac Jones and Amanda Scudder.

## NEW PROGRAM – POWERBALL

**2013** WELCOMES IN THE THOMPSON HOUSE version of Powerball. Every Wednesday at 12:30 we will pull a Powerball number. All residents will be eligible to win. Prizes will include boxes of chocolates, scratch tickets, scarves, and hats. What would we ever do with millions of dollars anyway?

### PANDA NORTH

*Chinese & Japanese Restaurant*

1332 Putney Road • Brattleboro, VT

Tel: 257-4578 / 257-4486

[www.pandanorth.com](http://www.pandanorth.com)

*Thanks for order-out Chinese luncheons!*

### PARADISE FARM SUGARHOUSE

Rte. 9/Marlboro Road  
Brattleboro, VT 05303-2358

**(802) 258-2026**

*Activities purchases cider donuts  
from Paradise Farms monthly, and in  
December, cheesecake pie. Thanks, Lisa.*

### GILLIES RESTAURANT

911 Western Avenue

West Brattleboro, VT



**251-0506**

### VERMONT COUNTRY DELI

P.O. Box 2402 • 436 Western Avenue  
Brattleboro, VT 05303 (exit 2 off I-91)

**(802) 257-9254**

*We enjoyed A Taste of Brattleboro pumpkin  
pies from Vermont Country Deli on 11-5-12.*

### HAPPY HOUR SERVICE

Cheese & crackers  
*courtesy of*

**Grafton Village  
Cheese Company**

[www.graftonvillagecheese.com](http://www.graftonvillagecheese.com)

**CLASSIC HITS 92.7  
1490/1220 NEWS  
101.5 THE RIVER**

Steve West  
*Live & Local Host*

**Brattleboro Radio Group**

458 Williams St., Brattleboro, VT 05301



## KUDOS

MANY THANKS to the following individuals:

- Todd Kelly and Cheri Bishop for creating monthly table decorations, seasonal door decorations, and holiday wreaths for all to enjoy.
- Joanne Ulbrandt for bringing pizzelles for everyone.
- Mary Jones for baking homemade sugar cookies, oatmeal & chocolate chip and raisin cookies.
- Mac Jones for his donation of the christmas tree.
- Carol Eddy for... What is that hot out-of-your-oven monthly treat?

## SUPER KUDOS

WE GIVE OUR SUPER KUDOS to Elfreda Pike and family for their donation of Wii, and to the Brattleboro Rotary Club for their donations of holiday presents for all residents.

## DONOR KUDOS

WE EXTEND OUR SINCERE THANKS to the following donors:

- ◆ Annie H. and family
- ◆ Deborah Ronzano and Norma G.

## THOMPSON HOUSE GLEE CLUB

THE GLEE CLUB presents its 1st Annual Concert Friday, Feb. 8, 3:30 PM. All volunteers are invited. Refreshments to follow.

Our Glee Club meets monthly under the direction of Becky Graber, Director of the Women's Chorus.

## NEW PROGRAM – DREAMS HAPPEN

SEVERAL RESIDENTS have been thinking of what their dreams might be. We have fulfilled a trip to the New England Center for Circus Arts, a private 1-1 session with Serenity Forchion, founder, and a trip to Winchester Stables, Center for Therapeutic Riding for one horse-back ride. We are currently planning a helicopter ride, a bar-hopping trip for our 100-year-old resident, and a violin time with our friends from the Brattleboro Music Center. Our resident who used to play the violin dreams of playing again and BMC knows they can make a duet happen.

There are so many people to thank so far: Lin Taggard, Joe Fortier, Serenity Smith Forchion, and Lorna Young.



She's got a ticket to ride!

## UPCOMING EVENTS

- Jan. 29 Patti Smith, lecture
- Feb. 10 Memorial Service
- Feb. 15 Patty Carpenter
- Feb. 25 Mollie Burke, Montpelier Update
- Mar. 20 Trip to Montpelier

## SUNSET CLUB NEWS

THE SUNSET GROUP meets several times a week. Our activities include making collages, holiday globes, jigsaw puzzle art, soft sculptured people, playing trivia games, word games, exercising, and bowling. We meet in the afternoon. Join us! P.S. We use mostly recyclable material.

—Meredith

## WINTER TIPS FOR OUR FANTASTIC VOLUNTEERS

- ❖ Remember to wash your hands our 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.

Have a great Winter and know that we appreciate you more than you know.

—Sandy Merkle, RN  
Infection Control

## CULINARY NEWS

**W**E LOOK FORWARD to a new educational opportunity. Briana Bourne of Fitz Vogt will be producing monthly cooking demonstrations for residents to watch and sample.

## SHARING EXPERIENCES

*We always welcome:*

- ◆ Collections to share
- ◆ Singers, musicians and performers
- ◆ Small animal and exotic animal visits
- ◆ Gallery exhibits, art, and sculpture

## THANK YOU ACKNOWLEDGED

- ◆ Lucie Fortier, Director of the Drop-In Center sent her thanks for our residents' donations of lotion and shampoo.
- ◆ The Alzheimer's Association sent thanks for our residents' support.
- ◆ Annie Guion, Executive Director of the Windham County Humane Society sent thanks to the residents of Thompson House for their participation in the 12th annual Walk for Animals. We were also given t-shirts for our participation!

## DUNKIN' DONUTS

Putney Road  
Brattleboro, VT 05301

**254-4987**

*Residents enjoyed donut holes: 10/30/12*

## THOMPSON HOUSE MAKES THE NEWS

◆ *Brattleboro Reformer, October, 2012*  
We were in the *Brattleboro Reformer* Centennial.

◆ *Brattleboro Reformer, December 31, 2012*  
*Countersteering* by Bob Engel, volunteer  
"Memories"

"If my good friends at Thompson House have taught me one thing, it is that as we plow along in life, there comes a time when there is a lot more to see in the rear-view mirror than there is through the windshield. All of our memories can be found back there. They're what we've done, where we've been, and who we are."

◆ *On the Airwaves, December, 2012*  
Volunteer Jim Knapp sang "Praises of Thompson House," the Thompson House song. "Neighbors Caring for Neighbors!" We were on the airwaves: WKVT WTSA, many 60-second spots.

## THOMPSON HOUSE RESIDENTS RALLY

**T**HE FOLLOWING NEWS RELEASE was printed in *Brattleboro Reformer* and announced on WTSA and WKVT. Susan Keese from Vermont Public Radio also visited Thompson House and interviewed residents.

*"On Monday, October 15 residents and friends of Thompson House will be bringing awareness to the issue of pedestrian safety on our roadways. That day also honors White Cane Safety Day and recognizes the many achievements of blind and visually impaired Americans in our communities and across our country.*

*The residents of Thompson House have been very concerned with the recent increase in pedestrian casualties.*

*Please join us at 11:30, October 15 (Monday) at the crosswalk on Maple Street in Front of Thomson House. Please join us!"*

—Residential Resident Council of Thompson House

We thank the following friends for joining us: David Gartenstein, Select Board; Steve Barrett, Town of Brattleboro; Richard Guthrie, Board Member; Tim Johnson, WTSA; Mollie Burke, Representative to Montpelier; Eugene Wrinn, Police Chief; Dane Rank, Administrator; and all concerned residents of Thompson House.



## MORE NEWS YOU SHOULD KNOW

- ◆ Resident artist Marion U. recently donated several art murals to the Vernon preschool walls.
- ◆ Every other month the Thompson House van will travel to Walmart for “An Afternoon at the Mall,” refreshments at Dunkin’ Donuts and the opportunity to browse at Walmart. Thanks Mac Jones and Jen Moore.
- ◆ Marie Waugh won the *Brattleboro Reformer* Turkey Scramble.
- ◆ We have devoted animal visitors. Thanks to all our friends for their licks of love.
- ◆ The Thompson House Board of Directors are very supportive of the Activities Program. They support financially. They volunteer in many capacities by watering plants, sharing magazines, sharing pet visits, judging costumes and providing wonderful words of support.
- ◆ We salute Martin Cohn and thank him for sharing the meaning of Jewish holidays with our residents.
- ◆ Worship service is provided weekly & Catholic mass with Father Rich is monthly. Thank you area churches.
- ◆ The Miller family of Vernon recently began weekly Bible Study Hour.
- ◆ David and Shirley Emery return annually as Mr. & Mrs. Santa.
- ◆ We thank Ron & Gail Venama and Community Bible Chapel for Sunday music and message and treats for staff.
- ◆ We salute Marcia Charlonne for 46 years of service to Thompson House.
- ◆ Pastor Cheryl Meecham and Arlene Slate from The Methodist Church provided a Thanksgiving program for residents. Thanks, Betty Stacey.
- ◆ We salute Mac Jones, Jerry Remillard and Rita Lashway, our faithful van drivers.
- ◆ We kept our nails painted, thanks to our Weekly Nail Cart program with Jane Cook.
- ◆ Tim O’Connor dropped by and played Irish music. He plans to return in March, 2013.
- ◆ T.O.P.S.–“Taking Pounds Off Sensibly” visited and brought presents to our residents.
- ◆ Carolers traveled our hallways: West Brattleboro Congregational Church, Guilford Community Church, Lynn Caulfield and friends, American Legion Band, Boy Scouts, Women’s Rise Program, and the Thompson House Glee Club.
- ◆ We thank Cook’s Corner bakers for our December on-a-stick, oatmeal & raisin cookies and parfaits.
- ◆ Many staff and residents dressed up for our annual Halloween party.
- ◆ Thompson House was recently honored by a visit from Susan Wehry, MD, Commissioner of the Department of Disabilities, Aging and Independent Living. The Activities Department was able to share calendars, ideas and philosophy.

## WISH LIST

- ❖ Liquor for special cocktails
- ❖ Gifts for birthday presents
- ❖ Scarves, chocolate
- ❖ Red Sox hats
- ❖ Powerball (power name presents, such as boxes of chocolates, & scratch tickets)
- ❖ Old shoes for us to plant pansies in this Spring
- ❖ Current magazines for magazine rack

## FUTURE PROJECT

**T**HE NELSON WITHINGTON CONFERENCE ROOM will soon be our new social sitting area on the upper level. We are in the process of setting up a “Bistro” social area which will also serve as a coffee station and music corner. Watch for more details.

## Vermont Jazz Center

COTTON MILL HILL  
BRATTLEBORO, VT

**254-9088**

DIRECTOR EUGENE UMAN  
*Eugene Uman concert: 10/24/12*

## Winchester Stables

SOUTHERN VERMONT THERAPEUTIC  
RIDING CENTER

336 River Road • Newfane, VT 05345

❖  
*Horseback riding with Peggy Coty  
–“Dreams Happen”*

## WATCH FOR:

THOMPSON HOUSE EXHIBITS IN THE WINDOW OF KEY BANK

JUNE 10 - JUNE 24



## THANKS, THANKS, THANKS

WE EXTEND OUR SINCEREST GRATITUDE to those of you who have donated items from our Wish List including odds and ends, magazines and gifts.

Our thanks to: Jacksonville-Whitingham Homemakers for clothing protectors; Grace L. and family for regular donations of glasses and candy; Sandy Page for large print books; and Doris Stephens for angels.

## COOK'S CORNER UPDATE

HERE WE ARE STARTING A NEW YEAR. We were quite busy in the month of December with Christmas decorating, holiday card-making, and cooking making for staff and residents.

In January, our special item will be making vegetable soup from scratch and having it in our little kitchen. Cooks Corner has started a cooking day for the Sunset Group, as well as Sunset Group dining (intimate from regular dining).

As a community service, Cooks Corner will be adding Loaves and Fishes. We hope to make sandwiches as well as bake treats. We look forward to this venture.



Residents, staff and volunteers raised over \$200 for the Windham County Humane Society by participating in the 12th Annual Walk for Animals.

### New England Center for Circus Arts

74 COTTON MILL HILL  
BRATTLEBORO, VT

(802) 254-9780

## WE WELCOME NEW FACES

**Wells Cunningham** – Bocce  
volunteer

**Kate Snow** – Community Bible  
Study volunteer

**Helen Warwick** – friendly visitor

**Morgan Baker** – friendly visitor

**Betty Stacey & Arlene Slate** –  
Methodist Church volunteer

**Jen Moore** – A Day at the Mall  
volunteer

## Avenue Grocery

82 Western Avenue, Brattleboro

GENERAL STORE  
7 AM – 9 PM

HOT DOGS • GROCERIES  
SOFT SERVE ICE CREAM

257-1846

## VOLUNTEER WISH LIST

- ❖ Volunteer to read to residents
- ❖ Volunteer to read *Brattleboro Reformer*
- ❖ Volunteer to play Scrabble
- ❖ Volunteer to help with Poker games
- ❖ Volunteer to lead Wii games
- ❖ Volunteer to play Rummy
- ❖ Volunteer to lead rhythm instruments group
- ❖ Volunteer to show cinema programs
- ❖ Volunteer to lead men's group

## SHOPPING CART PROGRAM

OUR SHOPPING CART PROGRAM involves monthly room to room visits. All items are under \$1.00. Have your Bingo winnings and scratch ticket winnings. Items include stamps, chocolate, jewelry and much more.

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



Thompson House

ACTIVITIES DEPARTMENT:  
Sandra Ware  
Meredith MacDonald ♦ Kathy Clark  
(802) 254-4977 ext. 242