



Volunteer Gazette

Thompson House

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

WINTER/SPRING 2011

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2010-2011**

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FRIENDS OF THOMPSON HOUSE

The residents at Thompson House have enjoyed a Winter of varied activities. I am reminded daily that I would not be able to provide such an extensive enrichment calendar without the continuous support of our large volunteer program. You continue to be very special people. Many, many thanks to our volunteers for all you do.

—Sandra Ware, *Activities Director*

NEWS FROM THE ACTIVITIES DEPARTMENT

The past months found our residents enjoying activities in and out of Thompson House. Taste of Brattleboro activities included pumpkin pies from Vermont Country Deli and soft-serve ice cream from Avenue Grocery. We enjoyed special cocktails, including grasshoppers, bloody Marys and rum toddies, while relaxing around the House.

Visual and performing artists visited Thompson House. We were graced with gallery exhibits and informative talks by chalk artist Rachel Browning and photographer Chris Triebert. We were engaged by the music of: Eugene Friesen, cellist, composer, Living Music Artist and member of the Paul Winter Consort and Trio Globo; Samirah Evans;

Eugene Uman; Jim Kurty and Extension Band; and Becky Graber and Friends on vocals.

Our Armchair Travel program included slide shows with Brattleboro Reformer columnists Chris Petrak

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FROM THE OFFICE OF OUR ADMINISTRATOR



Dane A. Rank
Administrator

February, 2011

Dear Volunteers,

Thank you all for your continued support and activities for the residents of Thompson House! This is our third *Volunteer Gazette*, and we thought it a great opportunity to inform you of the many changes that are taking place at Thompson House:

You have probably noticed the change in our lighting system. Everything looks a little crisper, and we can see each other so much better. Our grant from Efficiency Vermont is funding this change, and is expected to save us about \$450 per month in electricity bills. "Here's looking at you, kid."

We have invited Governor Peter Shumlin for the dedication of the Green Mountain Nature Trail at Thompson House. We have a few more improvements scheduled for this spring to complete this project, which was funded by a grant from the Department of Disabilities, Aging, and Independent Living. The purpose of the grant is to provide an outdoor, natural, forest-like setting with indigenous Vermont flora and trees for residents to enjoy during the warmer months. You will all be invited, and we hope you will be able to join us.

Fundraising for the Cooler and Greener project continues. In addition to providing a comfortable temperature for our residents in their rooms and common areas, we will finally be able to keep the view of the outside free and clear during the summer months. This will improve respiratory health and brighten resident rooms. The window air conditioners we are currently using block windows and push our electrical system to the limits. We anticipate that the project will save us roughly \$2,500 per month in electric bills during Summer. We have recently encountered some reduction in grant money for this project due to trimmed budgets in the federal government. However, we continue on course for its implementation, albeit more slowly. Please feel free to contact me directly if you have any suggestions for grant sources. Any increase in funding will accelerate the Cooler and Greener project's implementation and the quality of life for our residents.

Lastly, Thompson House has begun providing physical, occupational, and speech therapy to our neighbors in the community. Our outpatient rehabilitation program seeks to assist elders who are in their homes and require rehabilitation, but lack the means or ability to get to these appointments. We will provide transportation within Brattleboro, and hope that this will ensure timely access to rehabilitation services following hospitalization. Folks at home can work on strength training, coordination, and balance while maintaining their lifestyle. We feel that this necessary service will extend our ability to serve our neighbors needing a little help to maintain their independence at home.

It has been an exciting quarter; stay tuned as these and other projects continue to evolve. With each improvement we seek to better serve our community.

Sincerely,

A handwritten signature in black ink, appearing to read "Dane Rank". The signature is fluid and cursive, written over a light background.

Dane A. Rank, *Administrator*

UPCOMING EVENTS

Plans continue for the dedication of our Green Mountain Nature Trail at Thompson House. All volunteers are invited to join us. If you'd like to help out, please call 254-4977, ext. 242.

Other upcoming events include:

- ❖ Fishing trip to Grout Pond in Guilford, VT
- ❖ Road trip to Mohegan Sun gambling casino in Uncasville, CT
- ❖ Road trip to Nubble Light, one of Maine's most photographed lighthouses
- ❖ Circus show



SHARING EXPERIENCES

WE ALWAYS WELCOME:

- ❖ small animal visits (pets or farm animals)
- ❖ gallery exhibits / collections to share
- ❖ a hobby to share
- ❖ a trip to share
- ❖ singers, musicians and performers



NEWS FROM THE ACTIVITIES DEPARTMENT

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and Bob Engel. Other visitors to Thompson House included students from Green Street School who presented the Green Street Jump Rope Show. We had alpaca visits, carolers, story tellers, and the occasional bridge players.

We were also out and about. Thompson House residents took a trip to Magic Wings Butterfly Conservatory & Gardens in South Deerfield, MA, home to nearly 4,000 exotic and domestic butterflies. We went out for a sleigh ride with Jay and Janet Bailey, and toured Chesterfield, NH to see the Christmas lights.

We had many good times this Winter. Many thanks to all of you from all of us.

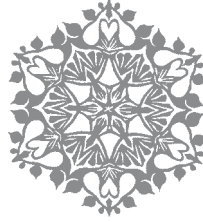
NEW FACE

We extend our whole hearted welcome to Mary Jones, a new face in Activities. Mary Jones works with us as often as she can.

ART DONATION

Thanks to Robin Stronk for her recent donation of art which now hangs in the Front Hall of Thompson House.

HINTS FOR HEALTHY LIVING IN VERMONT WINTER



- Be very careful when you are outside. Watch for ice and unsafe footings.
- Make sure you are wearing sufficient clothing to keep warm. Layering is very effective.
- Eat a healthy diet which includes fresh vegetables and fruit.
- Make sure you are getting enough rest.
- Take advantage of any sunshine there is, or perhaps get special light bulbs to eliminate that “blah” feeling we get in the winter. Sometimes, we call that “cabin fever.”
- Continue to have a busy social life, since being with people is the best way to feel good.

—Sandy Merkle, RN,
Infection Control

VOLUNTEER ORIENTATION REMINDERS

- ▶ Please wear a name tag
 - ▶ Please wash your hands often and remember the safety tips we provide
 - ▶ Please remember to respect the confidentiality of our residents
 - ▶ Please knock on doors before entering
 - ▶ Please call us if you feel your health would put our residents at risk
- Remember, if you keep yourself healthy, you keep the residents healthy!

—Sandy Merkle, RN,
Infection Control

LET'S STAY IN TOUCH

Please stay in touch with the Activities Department.
My email address is sware@sover.net.

—Sandra Ware, *Activities Director*



WISH LIST

- ❖ CD players
- ❖ Soft-serve ice cream machine
- ❖ Current magazines for magazine rack
- ❖ Red Sox hats
- ❖ Plants for garden
- ❖ Flowers for patio

VOLUNTEER WISH LIST

- ◆ Volunteers to help with patio garden
- ◆ Volunteers to help with patio activities
- ◆ Volunteers to march with us in July 4th parade
- ◆ Volunteers to be a friendly visitor
- ◆ Volunteers to read to residents
- ◆ Volunteers to help with Spring/Summer activities
- ◆ Volunteers to help with activities on weekends

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



Thompson House

ACTIVITIES DEPARTMENT:
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(802) 254-4977 ext. 242