



Volunteer Gazette

Thompson House

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

SPRING 2013

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.

2013

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FRIENDS OF THOMPSON HOUSE

WELCOME, SPRING! Thank you, volunteers. Thanks to you, the Thompson House Activities Program is truly a partnership we can all be proud of. I continue to be honored to know you and look forward to sharing this year with you.

—Sandra Ware, *Activities Director*

“Write it on your heart that every day is the best day of the year.”

—Ralph Waldo Emerson

NEW PROGRAM – DREAMS HAPPEN

WE HAVE FULFILLED MANY DREAMS: a private one-on-one session at the New England Center for Circus Arts with founder Serenity Forchion; a horseback ride at Winchester Stables, Center for Therapeutic Riding; a bar-hopping birthday trip to The Marina restaurant for our 100-year-old resident; violin time with friends from the Brattleboro Music Center, giving our resident the opportunity to play violin again. Thanks to Lin Taggard, Serenity Smith Forchion, Lorna Young, Kate from the Marina, Michelle Liechti from Brattleboro Music Center, and musician Phillip Bloch.

We are currently planning an afternoon of dancing with the Bills Band, Fred Breunig, and our 100-year-old resident dancer.



Dreams Happen – Resident Dave G. plays violin with Michelle Liechti and Phil Bloch.

FROM THE OFFICE OF OUR ADMINISTRATOR

May, 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 strong part of the community, and you make a difference in the lives of everyone you touch through your volunteerism.

Now that the halls are painted, the new ceilings are up, and the air conditioning system completed, we are setting our sights on another improvement for the comfort of our residents: new dining room chairs!

We have been working with our local partner, Newton Business, and have selected an attractive seating option that will replace the current chairs which have served us faithfully since the late 1970's. With this change, you will see the upper level conference room has also taken on some changes. This Spring, we will be opening the "Withington Bistro." The coffee maker will always be on and there will be a little something to enjoy while sitting in the new, comfortable, and bright bistro tables that will provide a fun and private area for families and residents visiting together. Stay tuned!

Sandy continues to make "Dreams Happen" for our residents. The horse riding, trapeze swinging, and fiddle playing program is providing a lot of fun making dreams happen for our residents. We continue to work on a helicopter ride, and will be having a dance shortly.

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 Spring 2013 *Volunteer Gazette* to the residents of Thompson House. We are truly grateful for the joy you bring and the experiences you share. We are grateful and honored to have such terrific friends in our home.

SPECIAL THANKS

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

THOMPSON HOUSE RESIDENTS VISIT MONTPELIER

THE RESIDENTS OF THOMPSON HOUSE GET AROUND. We recently took a trip to visit the State House in Montpelier, where we met State Representative Mollie Burke, from Brattleboro. We toured the State Building, dined in the cafeteria, and hobnobbed with politicians. Thanks to Dane Rank, our driver. Thanks also to Sandy Merkle, Julie Merrigan, and special thanks to Mollie Burke. Volunteer Jim Knapp opened the session with a Vermont Song and shout out to Thompson House.



Residents of Thompson House visit the State House in Montpelier.

THE THOMPSON HOUSE GLEE CLUB

THE THOMPSON HOUSE Glee Club presented its first annual concert on February 8th. Our Glee Club meets monthly under the direction of Becky Graber, Director of the Women's Chorus. We are planning a trip to Pliny Park in August where we will sing to the masses!

BIG THANKS

WE OFFER A BIG THANKS to the following individuals and organizations:

- ◆ Thanks to the YMCA "Aspire" Valentine cards
- ◆ The Brattleboro Women's Chorus for Valentine songs
- ◆ Chuck Ranney for daffodils
- ◆ Richard Sainsbury for Scottish materials
- ◆ Natalie Rancourt and family for Girl Scout cookies
- ◆ Harvey and Grace Lafountain for baseball caps, candy, and glasses
- ◆ Amy Thompson Landry for maple syrup
- ◆ Pal Borofsky for bubble wrap
- ◆ The Brattleboro Emblem Club 517 for their financial contribution in lieu of December Christmas gifts

THANKS

Many thanks to the following individuals and organizations:

- ◆ Doris Stephens for monthly table decorations
- ◆ United Way for their donation of roses
- ◆ Todd Kelly and Cheri Bishop for monthly table decorations
- ◆ Mary Jones for baking homemade treats
- ◆ Carol Eddy for—what is that hot-out-of-the-oven monthly treat?
- ◆ Dennis and Debbie Baker for the greeting card rack
- ◆ Meredith MacDonald for baking homemade treats
- ◆ Betty Tyler for baking sugar cookies
- ◆ Ric King for donating the wooden art racks
- ◆ Ayla Clark for Spanopikita
- ◆ Sandy Merkle for the beef stew luncheon (so good)
- ◆ Putney Grammar School for cards & pansies
- ◆ Guilford School for decorations
- ◆ The "Just Us Band" (Liz and John) for the beautiful flowers

Taylor for Flowers

15 Elliot Street
Brattleboro, VT 05301

(802) 662-1169

THE BRATTLEBORO FLORIST
YOU CAN TRUST.

OUTSTANDING YOUTH

WE SALUTE Gunnar Shonbeck, Westmoreland 4th grader and our volunteer, who was awarded the Top of the Class Certificate. Gunnar's teacher says "He is a caring kid who often puts other people first." Thanks Gunnar!

WE WELCOME GUEST SPEAKERS

- Becky Karush from the *Brattleboro Reformer*
- Patti Smith, “Beaver” update, Bonnyvale Environmental Center
- Kate O’Connor, Building a Better Brattleboro
- Mollie Burke, Montpelier update
- Tim O’Connor, trip to Ireland & Irish songs
- Chris Petrak, lecture on birds
- Bob Engel, “A Look in the Rear View Mirror” presentation

ACTIVITIES MOTTO:

“INSTEAD OF BRACING YOURSELF FOR THE PERILS OF THE UNKNOWN, EMBRACE THE JOY THAT IS HERE, IN YOUR PRESENT MOMENT.”

—Michelle Rosado



Dreams Happen – A bar-hopping birthday trip with Antoinette to The Marina restaurant too celebrate her 100th birthday.

Volunteer Quote

“I like the reminiscing and sharing of memories. When baking treats for the residents, the goodies are something they probably used to make, and I can provide a little bit of fond remembrance for their taste buds.”

—MARY JONES, VOLUNTEER

Business Quote

“As long time residents of Brattleboro, it gives us great pleasure to be part of the Thompson House family.”

JEAN, JUDY, BEN – AVENUE GROCERY

CULINARY NEWS

WE ENJOY MONTHLY cooking shows with Briana Bourn of Fitz Vogt and Associates. We look forward to garden dishes made with fresh food from our own garden. We also savor fresh foods from local farms. We enjoy weekly buffets, and look forward to using our new soft serve ice cream machine.

THANK YOU ACKNOWLEDGED

THE AMERICAN CANCER SOCIETY recently sent us a Thank You for our \$100 donation during Daffodil Days Fundraiser through the oncology department at Brattleboro Memorial Hospital.

New England Center for Circus Arts

74 COTTON MILL HILL
BRATTLEBORO, VT

(802) 254-9780

LINDEN GARDENS

(802) 257-1166

Brattleboro, VT 05301



Full service florist offering traditional and contemporary floral designs for all occasions.

Avenue Grocery

82 Western Avenue, Brattleboro

GENERAL STORE
7 AM – 9 PM

HOT DOGS • GROCERIES
SOFT SERVE ICE CREAM

257-1846

New England House

254 Marlboro Road • Brattleboro
254-6886

PETE KERBER, OWNER

We enjoyed our lunch in front of the fireplace.

PARADISE FARM SUGARHOUSE

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

(802) 258-2026

Activities purchases cider donuts from Paradise Farms monthly.

HAPPY HOUR SERVICE

Cheese & crackers
courtesy of

Grafton Village
Cheese Company

www.graftonvillagecheese.com

UPCOMING EVENTS

- Franko the Donkey visits (several times throughout the season)
- Frequent golf cart rides

MAY

- May 29 Jim Kurty concert
 May 31 Kono Ice truck

JUNE

- June 4 Heifer moment
 June 7 Lobster lunch
 June 14 Fishing trip
 June 17 Meet Calvin Coolidge
 June 22 Alpacas visit
 June 29 Dummerston strawberry shortcake supper

JULY

- July 4 4th of July Parade

AUGUST

- Aug 6 Westmoreland Town Band concert
 Aug 7 Glee Club, Pliny Park
 • Trip to Nubble Light in Maine
 • David Emery and the Red Knights motorcycle cruise-in

THOMPSON HOUSE MAKES THE NEWS

◆ Brattleboro Reformer, Spring 2013

Growing a local food system by Howard Weiss-Tisman

Windham Farm to Food, an organization whose mission is to provide easy access to healthy, local food, provides Thompson House with local food.

◆ Brattleboro Reformer, Spring 2013

Ooohs and Aaahs for a Good Cause by Jon Potter

New England Center for Circus Arts outreach program benefits local seniors at Thompson House.

◆ Brattleboro Reformer, Spring 2013

The Best Jam Ever by Chris Mays

Resident David Gibbs is reunited with the fiddle as part of Thompson House's "Dreams Happen" program

◆ Brattleboro Reformer, Feb. 2013

Thompson House Glee Club singing performance is listed in arts section.

◆ Brattleboro Reformer, April 2013

The Thurber family of Lilac Ridge Farm visits Thompson House, bearing gifts of plants and flowers for our garden.

◆ **We continue to be on the air waves.** Spring 2013 volunteer Jim Knapp sang "Praises of Thompson House," our theme song. We are on many 60-second spots on the radio—WKVT and WYRY.



SPRING TIPS FOR OUR FANTASTIC VOLUNTEERS

- ❖ Remember to wash your hands or 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 Spring. We care that you care.

—Sandy Merkle, RN
Infection Control

PANDA NORTH

Chinese & Japanese Restaurant

1332 Putney Road • Brattleboro, VT
 Tel: 257-4578 / 257-4486

www.pandanorth.com

Thanks for order-out Chinese luncheons!

Vermont Jazz Center

COTTON MILL HILL
 BRATTLEBORO, VT

254-9088

DIRECTOR EUGENE UMAN

Eugene Uman concert: 10/24/12

HOLLANDS BLOOM

Thank you, Linda Bailey.



Beautiful flower gardens, flower beds, Fall & Winter arrangements

254-6965

SUNSET CLUB NEWS

THE SUNSET CLUB continues to meet several times a week. We continue to make collages and winter bird treats, bead jewelry, exercise, and decorate shopping bags for distribution to customers of Avenue Grocery.

We make small words out of large words, we produce seasonal art, and we tan on the patio. Join us.

SPECIAL KUDOS...

We enjoy collections and exhibits, thanks to:

- Rick Durkee, baseball keepsakes
- Bethany Kemp, mice collection
- Cheryl LaBarge
- Julie Shonbeck, clown collection
- Heather MacDonald, pig collection
- Lynn Koeft, paintings
- Caryn King, animal paintings
- Faith Evans, quilt exhibit
- Richard Sainsbury, Scottish heritage exhibit

SHARING EXPERIENCES

We always welcome:

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

 PLEASE VISIT
OUR WEBSITE:
www.ThompsonHouse.info

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



Residents enjoy a ride on a horse-drawn sleigh at Fair Winds Farms.

MORE NEWS YOU SHOULD KNOW

- We enjoy soft serve ice cream from Avenue Grocery monthly.
- Thompson House had a display in the lobby of Brattleboro Savings & Loan in February, thanks to Theresa Masiello.
- Thompson House remembers friends who have passed. Every Spring, a memorial service is held. Thanks to Pastor Lise Sparrow, the Hallowell singers, Luella Frechette and Mark Malloy for all you do.
- One snow storm produced 17 inches of snow on our patio.
- We enjoy lots of chocolate. Many thanks to Tina Blust for chocolate fondue.
- We always vote. We have a voice. We cast our absentee ballots, thanks to Brattleboro Town Clerk Annette Cappy.
- Bridge games continue weekly, thanks to Ginny Fisher.
- Our favorite cocktails are margaritas, white Russians, chocolate grasshoppers, rum punch, sombreros, and mint juleps.
- We frequently sport tattoos, especially during Mardi Gras. Thanks Jen and Renee. We party hardy and dance to Samirah Evans and Eugene Uman.
- Our favorite bites include lox and bagels, a taste of pizza, popcorn, potato chips, chocolates, cookies, fig newtons, and garlic crackers.
- We frequently shop at Walmart and snack at Dunkin' Donuts. Thanks Mac Jones and Jen Moore.
- We always enjoy our yearly ice melting contest (Joe's Pond at Thompson House). Congratulations Jay and Helen.
- When BMC domino topples, Thompson House domino topples.

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)
- ❖ Current magazines for magazine rack

NEW PROGRAM — SWIMMING

THANK YOU Betty Tyler for your recent donation of a 3-month membership at The Colonial Pool. This donation makes it possible for us to schedule three swimming trips to the pool.



Eugene Uman, jazz pianist, performs for us.

SUPER THANKS

THANKS from the bottom of our hearts to the families who help with activities, donate cards and magazines. And thanks to staff who go above and beyond the call of duty to aid in activity success. Thanks to volunteers who donate books, magazines and presents. Apologies to anyone not mentioned in the Volunteer Gazette. We extend our sincere apology to Peter and Marion Abell who were omitted from the Winter issue of *Volunteer Gazette*.

NEIGHBORS PARTY WITH NEIGHBORS

OUTDOOR CONCERT
Saturday, July 20, 1:30 - 3:30 PM

FEATURING:

singer, songwriter Jim Knapp and The Town Hall Boys, Alan Bills and The Bills Band Country bluegrass, nostalgic tunes, Thompson House song, Green Mountain waltz



All of Brattleboro invited. Bring your lawn chairs. Parking in back of Thompson House.

Neighbors Caring for Neighbors



WATCH FOR:

THOMPSON HOUSE EXHIBITS IN THE WINDOW OF KEY BANK
JUNE 10 - JUNE 24

FUTURE PROJECT

THE 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.

COOK’S CORNER UPDATE

SPRING IS HERE. Sunny days and fresh smells will be welcome. We have had various savory smells in our little kitchen. We are always getting “smells good” remarks from the staff.

The group made their homemade chicken vegetable soup and had a planned group meal. It was a good time. They worked on and off most of the day.

Valentine’s Day brought out the cut-out/decorated sugar cookies. The group is planning to make shamrock brownies for St. Patrick’s Day. We tried our hand at making chocolate and vanilla ice cream using two plastic bags. It came out pretty good and, of course, tasted great. We have been discussing plans for future events (annual fundraiser and county fair day).

We have been making sandwiches for the Loaves and Fishes Organization as part of our community service. I have to say on sandwich day they work very diligently. They have quite an assembly line. The organization has responded positively which has pleased our group. We would like to extend a warm “Thank you” to Jean Momaney for providing transportation. Special thanks also to Joanne Ulbrandt for her services during the last few months.

Cook’s Corner has also been working with the Sunset Group which has been enjoyable. The good smells and tastes bring smiles. The Sunset Group dining is also going quite well. I personally enjoy it. See you next season.

—Kathy Clark

VOLUNTEER WISH LIST

- ❖ Volunteer to weed nature path
- ❖ 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

WE WELCOME NEW FACES

Julie Merrigan
Chris Forbes
David Schoales
Maisie Crowther

Volunteer Quote

“Ever since Sandy picked us up on Western Avenue almost six years ago, my dogs and I have made so many special friends at Thompson House. I know that the girls bring smiles to the faces of both the residents and the staff and they enjoy all the attention they receive. I especially enjoy doing the Italian greyhound fashion shows. The girls love to dress up and strut their stuff on the red carpet to the applause and giggles of the audience. Many of the residents have become an important part of my life and I am proud to be one of the many Thompson House volunteers.”



Alex and Doreen Wonderlick

—DOREEN WONDERLICK, VOLUNTEER

LIKE US ON FACEBOOK...

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



Thompson House

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