



Volunteer Gazette

Thompson House

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

SUMMER/FALL 2011

BRATTLEBORO MUTUAL AID
ASSOCIATION, INC.
2011-2012

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FRIENDS OF THOMPSON HOUSE

Hello All! Summer has been a very busy, fun packed season. As we begin to peek into Fall, we again say “Thanks” to each and every one of you. You continue to warm our hearts! What wonderful community resources you share with us. Thanks for helping us to continue to remain participating, active members of our Brattleboro community. We feel blessed to have this volunteer family as part of our world. Thanks for your continued support, for providing shoulders to lean on, warm wishes to comfort, and thanks just for being you.

—Sandra Ware, *Activities Director*

NEWS FROM THE ACTIVITIES DEPARTMENT

THE THREE JOYS of any good event are: anticipation, participation and recall. We always have something exciting to look forward to, something fun going on, and pleasant memories of the good times we’ve had.

Another Summer is nearly passed, and it has been a good one, filled with adventure.

There was dancing. Morris Dancers rang in the new season in good cheer. Argentine Tango dancers heated up our summer.

There was music. Musicians from The Yellow Barn Music Festival performed for us. Noted jazz musician Eugene Freisen, and his son Noel, played cello and guitar duets. We enjoyed daily music events including visits from The Brattleboro Music Center, Eris Howe, Becky Graber, Tony Barrand, Alice Gausch, Blanche

Mills, and Luella Frechette. Members of area churches joined us for gospel sing-alongs.

There was fun. We enjoyed our own Heifer parade in front of Thompson House with Stuart and Bev Thurber, their family, and their heifers. We went

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Warm greetings from a friendly alpaca.

FROM THE OFFICE OF OUR ADMINISTRATOR



Dane A. Rank
Administrator

August, 2011

Happy Summer Season to Our Volunteers and Supporters!

Much has happened over the last quarter: A trip to Mohegan Sun, a visit from Governor Shumlin to meet us all and dedicate the Green Mountain Nature Trail, and many outdoor activities. Your efforts continue to improve the lives of others by bringing the community to Thompson House. I can't tell you how many residents stop by to comment on the quality of the activities. Singing, baking, lecturing, ministering, and even gambling all make for a better day for the residents of Thompson House, every day. Thank you for giving of yourself.

I wanted to take this opportunity to write about a recent initiative from the Brattleboro Mutual Aid Association Board of Directors regarding our community involvement. Under their direction, in the past two years Thompson House has begun to shift our business to local companies. We seek and continue to find local sources for our supplies, and have changed to local vendors for our largest accounts, including uniforms and linens, office supplies, and vending. We began purchasing furniture and equipment like washing machines, dryers, room furnishings, and vacuum cleaners from local businesses. Last year, we moved all of our banking to local banks to do our part in helping Brattleboro and the surrounding towns use those dollars to stimulate business locally. We want people to know that when they give to Thompson House, those dollars stay in the local economy. We are hosting two upcoming fundraisers to continue our mission in the community:

1. Our annual activities fundraiser at the Vermont Welcome Center is on September 9th, and we are still looking for snacks, baked goods, drink donations, and volunteers. Please contact Sandy Ware at extension #242 if you wish to volunteer or donate any items for this cause. All proceeds from this event will directly benefit our residents through the Activity Program.
2. The Thompson House 3rd Annual Splash-A-Thon (formerly the Swim-A-Thon) is being held at the Colonial Pool and Spa on Sunday, September 11th. This year, there will be something for everybody: we will be having food, fun, and games for the whole family. The proceeds from this year's event will go to the Cooler and Greener Project. This project will provide air conditioning and heat for our 60 residents in their rooms and common areas to improve quality of life and respiratory health, and to open up windows for needed sunlight and views of the outdoors in Summer. As always, we are looking for swimmers and pledges to sign-up, so please call the Colonial Pool and Spa at (802) 254-5040 if you are interested. See you there!

Thank you again to all of you who make life better for so many of the people who made the Brattleboro community what it is today. Your continued support of Thompson House makes a big difference in the lives of everyone.

Sincerely,



Dane A. Rank, *Administrator*

NEWS FROM THE ACTIVITIES DEPARTMENT

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on a road trip to Maine in our van. We enjoyed ice cream cones at Browns in York, Maine. We sipped cocktails at Tylers on Spofford Lake in New Hampshire. We went fishing at Weatherhead Hollow in Guilford, Vermont. Although the biggest ones got away, we managed to land a few. We played poker with Dick Stewart. We revved our motors with the Red Knights Motorcycle Cruise In, and with several antique car cruise-ins.

There was laughter. Acrobats from the New England Center for Circus Arts amazed us with their stunning feats. And, let's not forget the many treasured moments shared with our four-legged friends, including "Franko the Donkey", licks of love from a variety of sweet dogs, and alpacas!

There was learning. Reformer columnist Patti Smith kept us up to date on the news. The Vermont Institute of Natural Science



Governor Peter Shumlin visits Thompson House.

presented an exhibit called the "Raptor Encounter." Artists Robin Stronk and Sylvia Jones demonstrated their skills during our "Art in Motion" program. Residents

participated in craft groups and art classes. Local adventure travelers shared their experiences including Joe Cook's recent bicycle tour and Bob Engel's recent motorcycle adventure entitled "views from the rear view mirror."

There was celebration. Governor Peter Shumlin visited to officially open our Green Mountain Nature Trail. We participated in the Brattleboro Fourth of July Parade, waving our flags as we rode our Thompson House van in the parade. We toasted the good times with sips of gin and tonic, rum punch, margaritas, Manhattans and vodka tonics. And we all enjoyed soft serve ice cream, thanks to our friends at Avenue Grocery.

Triple treat: We anticipated, we participated, and we remember.

ANNUAL FUNDRAISER

ON FRIDAY, SEPTEMBER 9, we will host a baked goods table at the Vermont Welcome Center. Tourists stopping at the Center will be treated to snacks and welcomed to Vermont. This is usually a way for the Activities Department to raise \$1000. If you are able to bake an item such as brownies, cookies, breads and donuts, or donate supplies such as water, apples, and chips, or if you would like to financially support our activity, please see Sandy. Volunteers are needed to transport items, gather baked goods, and help out.

Deliver baked items (individually wrapped, please) on Thursday, September 8 to the Charles Cummings Activities Room on the lower level.

SAVE THE DATE!

Sunday, September 11, 2011

It is the 3rd Annual Splash-A-Thon to benefit Thompson House residents. We need your help. Can you bake? Please deliver a baked item to Thompson House Activities Department on Saturday, September 10.

SWIMMERS AND SPONSORS NEEDED

Swimmer pledge sheets are available at The Colonial Pool or by emailing Theresa Masiello at tmasiello@brattbank.com

*Sponsored by
The Colonial Pool & Spa*



FAIR MONTH

September is Fair Month. Thompson House will be hosting a Country Fair Day on Friday, September 23 in our Exhibit Hall, displaying all handmade items. Please share with us: paintings, crafts, quilts, vegetables, and anything handmade. Please deliver to the Activities Department before Thursday, September 22.

Avenue Grocery

82 Western Avenue, Brattleboro

GENERAL STORE

7 AM - 9 PM

hot dogs • groceries

soft serve ice cream

257-1846

WELCOME

Please welcome a new face in Activities. Meredith MacDonald has accepted the position of Assistant Activities Director. She will be joining us for twenty hours per week.



RAIN DATE!

The Westmoreland Town Band Concert was rained out, but they promised to try again. Watch for media postings. All are welcome.

SUPER THANKS

We give our quarterly Super Thanks to Steve and Janet Rowell. Thanks for delaying your trip to the Cape and driving our bus to Nubble Light and various Maine eateries. What a day!



UPCOMING EVENTS

- Sept. 1** Senior Olympics, Applewood, Winchester, NH
- Sept. 9** Fundraiser, Vermont Welcome Center, I-91
- Sept. 11** Splash-A-Thon, The Colonial Pool & Spa
- Sept. 16** A Taste of Brattleboro, clam chowder from the New England House
- Sept. 17** Hallowell Singers
- Sept. 22** Honor Centenarians today
- Sept. 23** Country Fair Day
- Sept. 23** Walk for Animals, Windham County Humane Society
- Sept. 24** BMH Health Fair, Thompson House will have a booth

SHARING EXPERIENCES

We always welcome:

- ◆ Singers, musicians and performers
- ◆ Adventure travel: a trip to share
- ◆ Gallery exhibits, art & sculpture
- ◆ Collections to share
- ◆ Small animal visits



It was a great day for fishing at Weatherhead Hollow.

COMMUNITY SERVICE

We're really cooking! As part of our Cooks Corner program, directed by superb baker Helen Davis, residents bake for the Drop-In Center and Turning Point twice a week.

WALK FOR ANIMALS 4th Annual Community Service Project

Residents of Thompson House will participate in the Walk for Animals to raise funds for the Windham County Humane Society. We will be walking on Friday, September 23 at 2:00 PM. Come join us in front of Thompson House.

Can you help us? Please pledge support for our efforts. All proceeds to benefit the Windham County Humane Society. Call Sandy at 254-4977, ext. 242 for more information.

ACTIVITY MOTTO

When opportunity knocks, open the door, even if you are in your bathrobe, and dance to the music of your dreams.

HAPPY HOUR SERVICE

Grafton cheese & crackers
courtesy of

**Grafton Village
Cheese Company**

www.graftonvillagecheese.com

SUGGESTIONS FOR OUR GREAT VOLUNTEERS

ALTHOUGH YOU ARE ALL VERY SPECIAL and do a phenomenal job with our residents, all of us can use reminders now and then.

- ★ When communicating with our folks, please be aware 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.
- ★ Make sure you are aware of any and all dietary restrictions before serving residents any food or drinks. Do their liquids need to be thickened? Can they feed themselves?
- ★ Remember, nicknames are only permitted with the residents' approval.
- ★ If taking residents outside, please be aware that some of our folks take medications that make them very susceptible to sunburns. Make sure they get sun tan lotion on exposed skin.
- ★ Be aware of the need for good hand hygiene.

Thanks again for your time with the residents.

—Sandy Merkle, RN,
Infection Control



Strolling of the Heifers comes to Thompson House.

WISH LIST

- ◆ Gifts for birthday presents—scarves, chocolate bars, Red Sox hats
- ◆ CD players
- ◆ Mums, pumpkins, corn stalks
- ◆ Current magazines for magazine rack
- ◆ Soft serve ice cream machine
- ◆ Bag candy
- ◆ Holiday glasses for special cocktails

VOLUNTEER WISH LIST

- ❖ Volunteers to lead a craft class
- ❖ Volunteers to be a friendly visitor
- ❖ Volunteers to read to residents

VOLUNTEER REMINDERS

- ◆ Please wear a name tag
- ◆ 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

—Sandy Merkle, RN,
Infection Control

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



Thompson House

ACTIVITIES DEPARTMENT:
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