



# Volunteer Gazette

Thompson House

REHABILITATION & NURSING CENTER ♦ RESIDENTIAL CARE ♦ OUTPATIENT REHABILITATION

A NEWSLETTER FOR FRIENDS OF THOMPSON HOUSE

SUMMER 2013

BRATTLEBORO MUTUAL AID  
ASSOCIATION, INC.  
2013

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## FRIENDS OF THOMPSON HOUSE

WE ARE HONORED to extend our sincerest greetings and salutations to each and every one of you, our volunteer family. We thank you for the many ways you volunteer, and we especially appreciate the gift of your time. As volunteers, you give time—the most precious resource in our lives. Time is precious. Thanks for your gift. You, our volunteer family, are much loved. Thanks for being you!

—Sandra Ware, *Activities Director*

## A SPECIAL NOTE TO OUR VOLUNTEERS!

THIS SUMMER has brought beautiful bouquets of flowers to Thompson House in the form of the wonderful volunteers who brighten the lives of our residents with a smile, a laugh, a trip through the garden, or musical notes bringing back memories of special days in a life well lived. On behalf of the Board of Directors I would like to thank all of you who have so generously given yourselves to warm the lives of others. Tom Brokaw once said, "It's easy to make a buck. It's a lot tougher to make a difference." Thank you for making a difference!

—Theresa Masiello  
*Vice President, Thompson House Board of Directors*



Our own heifer parade! Thanks to Bev and Stuart Thurber and Lilac Ridge Farm.

## FROM THE OFFICE OF OUR ADMINISTRATOR

August, 2013



Dane A. Rank  
Administrator

Dear Volunteers,

Thank you all for another season of singing, worshipping, crafting, painting, cooking, and all of the myriad of things that you bring to the residents of Thompson House.

For this issue of the *Volunteer Gazette*, I am going to share with you an excerpt from an article by Stephen Proctor that was recently published in the periodical *McKnight's Long Term Care News*. This is something with which we can all identify, whether you are a resident or community volunteer:

Could volunteering during retirement years be the proverbial "Fountain of Youth?" Several recent studies demonstrate that not only does volunteering during our later years improve health – it can also mean living longer.

### • IMPROVED HEALTH

A growing body of research shows an association between volunteering and mental and physical well-being. According to data, older volunteers report lower rates of depression, fewer physical limitations and higher levels of well-being. A recent Johns Hopkins University study found that seniors who volunteer may see delayed or even reversed decline in brain function.

### • SOCIAL CONNECTIONS

During our later years, especially after making a move to a senior living community, social roles begin to change. Retirement or a move to a new community often means making new friends and getting involved in new activities. Volunteering can help forge new bonds with others who share a common interest, while making a meaningful impact for someone in need.

### • MEANINGFUL BOND WITH EXTERNAL COMMUNITY

Just like connections within the senior community are essential for holistic well-being, residents benefit from staying connected to the larger communities within which they reside. It is our job, as senior care and housing providers, to make the necessary resources available that facilitate those connections.

As research shows, volunteering has distinct physical and mental benefits for seniors. Giving back enables us to make connections within our communities, and provides a sense of purpose or fulfillment. We are passionate about giving back, and the least we can do is provide the necessary resources to help our residents meet their greatest potential.

*Stephen Proctor is the CEO at Presbyterian Senior Living. He has been with the organization since 1971 where he has held positions as Registered Nurse, Director of Nursing, Executive Director and Chief Operating Officer, prior to becoming CEO in 1996.*

Sincerely,



Dane A. Rank, Administrator

## UPCOMING EVENTS

### SEPTEMBER

- Sept. 5 Senior Olympics at Applewood Center in Winchester, NH
- Sept. 6 New England Clam Chowder from the New England House
- Sept. 13 Annual Fundraiser at the Vermont Welcome Center
- Sept. 18 Country Fair Day
- Sept. 21 Wellness in Windham Health Festival – Thompson House will be there.
- Sept. 27 Walk for Animals at Thompson House for the Windham County Humane Society fundraiser

### OCTOBER

- Oct. 15 White Cane Awareness and Pedestrian Safety – 11:30 AM in front of Thompson House
- Oct. 16 Live owls – presented by Southern Vermont Natural History Museum
- Oct. 18 Patty Carpenter Concert



## TRIP TO THE SEASHORE

**WE LIKE MAINE.** We recently traveled to the beautiful coast of York, Maine. We listened to the pulse of the ocean and the cry of the seagulls. Our senses were soothed by the salty sea air on the beach, wild roses, sea glass, the rhythm of the waves, and the wail of foghorns. We visited the lighthouse at Nubble Light, lunched at Kittery Weathervane, and enjoyed Brown's Ice Cream for dessert. Thanks, Dane Rank, Kathy Clark, Amanda Scudder and Peg Lemnah.

### WISH LIST:



#### Cleaning Out the Attic? Cellar?

- ❖ Liquor for special cocktails
- ❖ Plastic glasses for cocktails
- ❖ Gifts for birthday presents
- ❖ Scarves
- ❖ Red Sox hats
- ❖ Current magazines for our magazine rack
- ❖ Chocolate, for "A Taste of Chocolate"
- ❖ Scratch tickets
- ❖ Framed paintings for rooms
- ❖ Bubble wrap for popping
- ❖ Mums, pumpkins, and gourds



Fishing is both peaceful and exciting at Weatherhead Hollow in Guilford. Thanks Ginmill Bill, Jean Momaney, Jerome Spooner, Scott Hazelton and Marcia Charlonne.

### WE WERE THERE:

THOMPSON HOUSE EXHIBITED IN KEY BANK'S WINDOW JUNE 10 - JUNE 24.  
THE THOMPSON HOUSE VAN PARTICIPATED IN THE JULY 4TH PARADE.

### SPECIAL THANKS

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





“Neighbors Party with Neighbors” as The Town Hall Boys perform.

## THE JOYS OF VOLUNTEERING

*By Huntly Hashagen, Volunteer*

**F**OR THE PAST FEW YEARS Jude Lefevre and I have been bringing our dogs to visit at Thompson House once a month. Our dogs are the visitors; we are coming along as their helpers. Yes, we do the bathing, and the transporting, but watching our dogs interact with the residents is their magic, and our joy to observe.

Our dogs bring us so much happiness every day that it is natural for us to share that gift with those who do not have dogs living with them.

When we arrive on visiting day and get out of the car, the dogs know where they are. They run toward the entrance in anticipation!! They really love being at Thompson House!!

We watch our dogs just “being themselves” with residents, and the magic starts. One resident greets the dogs with the name of *her* favorite dog every month. Another just quietly holds my small girl in her lap and strokes her. Another feeds a dog treat and of course the dogs love that! I don’t know who receives more love – the residents from the dogs, or the dogs from the residents. We get to watch the interaction. It is a bit of a miracle.

Some residents remember the dogs from month to month, and for others it is a new experience each time, but it is always the same reaction from the dogs. They greet each resident on the day. We have so much to learn from the dogs!

We are so thankful to Sandy, whose infectious joy and love permeates Thompson House! She encourages and facilitates this to happen. We also appreciate Meredith who accompanies us on our visits.

At the end of each visit we leave a bit tired, but really humbled by the interaction of residents and dogs! It is our pleasure to bring them.

### *Volunteer Quote*

*“Meeting new people can be stimulating as we hear stories of life. Both residents and volunteers benefit. We feel “paid,” but not in cash because the benefit is mutual. And volunteers brighten the lives of employees, as well.”*

—PAUL & MARY MILLER, VOLUNTEERS

### PRICE CHOPPER

499 Canal Street  
Brattleboro, VT

◆  
**(802) 254-3424**

*Thanks for the lobster luncheon in June.*

### the works

the all-natural café

TIM BILLINGS, *General Manager*

**(802) 579-1851**

118 Main St. • Brattleboro, VT

worksbakerycafe.com

Thanks for water during Glee Club  
Concert at Pliny Park.

### COTA & COTA HEATING FUELS

4 Green St.

Bellows Falls, VT

**(802) 463-9150**

Thanks Jim Knapp and family for use of  
flat bed for our “Neighbors Party with  
Neighbors” special event.

### HOLLANDS BLOOM

*Thank you, Linda Bailey.*



Beautiful flower gardens, flower  
beds, Fall & Winter arrangements

**254-6965**

### Avenue Grocery

82 Western Avenue, Brattleboro

GENERAL STORE

7 AM – 9 PM

HOT DOGS • GROCERIES

SOFT SERVE ICE CREAM

**257-1846**

### The Marina

**(802) 257-7563**

Putney Rd., Brattleboro, VT 05301

VermontMarina.com



Thanks for outdoor dining!



Franko the donkey is always a welcome guest. Thanks, Lin Taggard.

## THINGS THAT TAKE YOUR BREATH AWAY

raw onions  
 the sharp smell of sea  
 a beautiful sunset  
 any color you want it  
 the first clap of thunder  
 the crying of snow geese  
 the sight of bats  
 exiting from Carlsbad Caverns  
 the return of someone  
 you haven't seen in ages  
 a child almost running in the ground  
 when a car is coming  
 the whinny and gallop of a horse  
 a snake in the woodpile—  
 What is life without these things?

—group poem written with  
*Varandah Porche, 7/10/13*

## ANNUAL FUNDRAISER

**O**N FRIDAY, SEPTEMBER 13, 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 good way for the Activities Department to raise about \$1,000. If you are able to bake an item such as brownies, cookies, breads and donuts, or donate supplies such as water, coffee, chips, or fruit, or if you would like to financially support our activity, please see Sandy. Deliver baked items (individually wrapped, please) on Thursday, September 12 to the Charles Cummings Activities Room on the lower level.

Anyone wishing to support our efforts, please call Sandy Ware, (802) 254-4977 ext. 242.

## 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*

## RESIDENT ARTISTS ON EXHIBIT

Recent art shows at Thompson House:

- ◆ Lois Schneider   ◆ Marion Unsicker
- ◆ Elfleda Pile       ◆ Polly Wright
- ◆ Shirley Webster   ◆ Marie Waugh

Thanks, Trudy Crites.



*Volunteers are not paid  
 because they are worthless,  
 but because they are priceless.*

## MORE NEWS YOU SHOULD KNOW

- We thank Steve Haskin, senior writer from BloodHorse.com for his presentation: Triple Crown Corner – hot tips for our racing pleasure.
- Andy Davis and the Intergenerational Chorus presented a Spring concert for us.
- We enjoyed a concert by Vermont Jazz Ensemble, thanks to Eugene Uman, Jim Kurty and students.
- We have Argentine tango dancing, thanks to Christine.
- We were visited by Jennifer Harville, great, great granddaughter of Calvin Coolidge
- Thanks to Bev and Stuart Thurber and Lilac Ridge Farm. We had our own heifer moment and heifer parade.
- We have enjoyed Green Mountain story tellers.
- We thank Kate Judd and the Brattleboro Jewish community for a taste of Shabbat.
- We were thrilled to hear Eugene Friesen and a cello concert
- Kate O'Connor visited and gave a Selectboard report.
- Elfleda Pike and Jeanie Kershbergen each caught fish at Weatherhead Hollow.
- We watched the July 4th Parade from the Canal Street bank and enjoyed our own fireworks on our patio (sparklers, that is).
- Mollie Burke keeps us informed about Montpelier news.
- We hosted a Westmoreland Town Band concert, enjoyed Morris dancers on Memorial Day weekend, and lost our shirts at Mohegan Sun casino.



Eleanore Robinson exhibits her beautiful counted cross stitch pieces.

## THANKS TO EXHIBITORS

- Julie Shonbeck – clown exhibit
- Marie O'Brien – hat exhibit
- Eleanore Robinson – counted cross stitch
- Linda Farnum – ladybug exhibit
- Putney Grammar School – artwork
- Meredith MacDonald – Maxine exhibit
- Sid Sherman – woodworking gallery exhibit
- Erin Clark – photography exhibit
- Leonard Ragouzous – artwork
- Doris Fredericks – pottery exhibit
- Mary Jones – quilt exhibit
- Polly Wright – art exhibit
- Sandy Merkle – knitting exhibit

### New England House

254 Marlboro Road • Brattleboro

254-6886

**PETE KERBER, OWNER**

*Thanks, Pete Kerber.*

*We wish you well!*

### HAPPY HOUR SERVICE

Cheese & crackers

*courtesy of*

### Grafton Village Cheese Company

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

*Thanks, Lin Taggard.*

### KONA ICE

*of New Hampshire*

(OUR DING DONG CART)



*Jim & Sharon Sweeney*

**(603) 903-1300**

### PARADISE FARM SUGARHOUSE

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

**(802) 258-2026**

*Activities took a van trip to Paradise Farm. Thanks for donuts & coffee!*

## THOMPSON HOUSE GLEE CLUB

**T**HE 1ST ANNUAL Thompson House Glee Club sing-along was held on Wednesday, August 7 in Pliny Park.

We sang up a storm which was duly reported in the *Brattleboro Reformer's* August 10 edition. Many thanks to Becky Graber, Director.





An antique car show was brought to us by John and Robin Stronk.

## THANKS...

- Ric King – art stands
- Mary Jones – baked cookies
- Eleanore & Jeannette Robinson-Iverson – powerball gifts
- Doris Stephens – monthly favors
- Augusta Bartlett – pictures framed
- Rosie Runge – hats
- Alex Wonderlick – financial contribution
- Peg Lemnah – financial contribution
- LaFountains – beverage glasses
- Lorraine Fenn – necklaces
- Bethany Kemp – fresh flowers
- Reita Lashway – red wine

**PLEASE VISIT OUR WEBSITE:**  
[www.ThompsonHouse.info](http://www.ThompsonHouse.info)

## SPECIAL KUDOS

- Erin Clark donated a framed photograph to Thompson House.
- Thanks to Betty Tyler for donating a gift certificate for 3 months to the Colonial Pool.
- Robin Stronk, artist donated a painting of a chicken.
- Mary Femniak donated a Field of Flowers painting.

*Please accept our apologies if we have omitted any names.*

## FAIR MONTH

**SEPTEMBER IS FAIR MONTH.** Thompson House will be hosting Country Fair Days September 18, 19 and 20 in our Exhibit Hall where we will be displaying all handmade items. Please share with us: paintings, crafts, quilts, vegetables, and anything handmade. Please deliver items to the Activities Department before Monday, September 16.

## A TASTE OF BRATTLEBORO

**WE EAT WELL.** Our recent dining experiences include:

- lunch at The Marina
- pizza luncheons in house
- a chinese luncheon from Panda North Restaurant
- a lobster luncheon
- deviled eggs and a taste of strawberry shortcake, thanks to Mary Jones
- onion rings from The Marina
- Popcorn made by Bill Tyler
- a taste of garlic (hummus and crackers)
- Spanakopita, made by Ayla Clark
- soft serve ice cream from Avenue Grocery
- lox and bagels
- a taste of key lime pie from Paradise Farm
- hot, out-of-the-oven items made by Carol Eddy

And we raised our glasses with sombreros, pina coladas, gin & tonics, daiquiris, and wine.

## SHARING EXPERIENCES

**WE ALWAYS WELCOME:**

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



An Ibiwisi alpaca visits Thompson House. We also welcomed goats, dogs, a donkey, chickens and a cat.

## COOK'S CORNER UPDATE

**WE REMEMBER WITH PRIDE** our freezer strawberry jam and biscuits, blueberry muffins, raspberry squares, homemade ice cream and s'mores on a stick. The Sunset Cooking Group and Sunset dining continues.

We continue our Community Service Project to the Loaves and Fishes at Centre Church by making sandwiches.

Now as Fall approaches, we have made bread and butter refrigerated pickles for the upcoming Country Fair Week in September.

—Kathy Clark

## THOMPSON HOUSE MAKES THE NEWS

❖ **Brattleboro Reformer, Summer 2013**

We enjoyed both radio ads and news coverage for our “Neighbors Party with Neighbors” special event which featured Jim Knapp and the Town Hall Boys, Allen Bills and the Bills Band and Gin Mill Bill.

❖ **Brattleboro Reformer, June 29, 2013**

Our “Senior Living at its Finest” advertisement was featured in the *Brattleboro Reformer’s* Senior Living Supplement.

❖ **Brattleboro Reformer, August 11, 2013**

Thompson House Glee Club is listed in the Arts & Entertainment section along with photo of the Glee Club performing at Pliny Park.

## DREAMS HAPPEN UPDATE

**DREAMS STILL HAPPEN.** We have fulfilled many dreams: a private one-on-one session at 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; and dancing with Fred Breunig to the Bills Band with our 100-year-old dancer. Our next Dreams Happen program takes us to the Calvin Coolidge Estate in Plymouth, Vermont.

### *Volunteer Quote*

*“It is fun to volunteer at Thompson House. It is rewarding to volunteer and I really enjoy the residents. Time flies when you are having fun!”*  
—SHAYNE BERRY, VOLUNTEER

### WE WELCOME NEW FACES

Susan Trombly  
Curtis Songer  
Joey Benoit – Little Eddie  
Kate Simmington

## SUMMER TIPS FOR FUN AND HEALTH

**REMEMBER THAT** although it is Summer, there is still the chance for getting sick. Washing your hands will kill off 99% of most “bugs,” but you still need to keep healthy habits. Eat well, get plenty of rest (don’t wear yourself out having fun.). Summer brings its own kinds of illness, including bugs that bite, sun burn and even the summer cold. Stay healthy and if you get ill, rest and take care of yourself. Have a great Summer!

—Sandy Merkle, RN  
*Infection Control*

## 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 men’s group
- ❖ Volunteer to show cinema programs

### LIKE US ON FACEBOOK...

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

## WALK FOR ANIMALS 5<sup>TH</sup> ANNUAL COMMUNITY SERVICE PROJECT



**R**ESIDENTS OF THOMPSON HOUSE will participate in the Walk for Animals to raise funds for the Windham County Humane Society. We will be walking and rolling on Friday, September 27 at 10:30 AM. Come join us in front of Thompson House.

Can you help us? Please pledge support for our efforts. All proceeds benefit the Windham County Humane Society. Call Sandy at (802) 254-4977 ext. 242 for more information.