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LETTER FROM THE PRESIDENT

This marks my final year as President of the Craftsbury Community Care Center (4-Cs) board of directors. As I draft this letter it is rewarding to reflect on the many accomplishments of the past four months and look ahead to our spring time activities. Let me begin by wishing a warm welcome to our new Executive Director, Kimberly Roberge. Kim has hit the ground running and is proving to be a capable leader at the 4-Cs (look for more about Kim in another article in this newsletter).

Our annual fund drive has gone well and I want to thank everyone who has contributed to date. The fund drive is an essential piece of our budget and ensures our ability to provide safe housing for all citizens in the Northeast Kingdom, regardless of income. Contributions to the fund drive are appreciated at any time of the year; there is no need to wait for the annual appeal letter to arrive at year end.

There is mud in the roads and the sun has warmth so that means spring is almost here, heralding our annual Sugar on Snow party. Please join us at 2:00 on Saturday, March 31st to enjoy the delicious maple treat and enter into friendly bidding competition on the many donated items.

It is with fondness that we bid farewell to Kathy Thibodeau and thank her for her 15 years of service to the 4-Cs. KP joined the staff as the director of nursing, a post she filled for 13 years before being promoted to Executive Director. I have enjoyed working with KP as an employee as well as the board president (I guess you could say I had her surrounded). Thank you KP for your years of leadership and best of luck where ever your next endeavor lands you.

With our annual meeting in May we will have several board seats opening up, offering new opportunities for community members to serve. Please contact Kim Roberge if you would like to learn more about board membership.

I offer warm wishes to the staff and board of the 4-C's as they carry on the wonderful work of providing housing and neighborhood activities to residents of Craftsbury and the surrounding towns. You will still see me in the halls as I continue with my maintenance duties at the 4-Cs. Best of luck in the future and thank you for the opportunity I have been provided to give back to our area through service to the 4-Cs. —Randi Calderwood, CCCC President

Craftsbury Community Care Center, Inc. is a 501(c)3 organization and Equal Housing Opportunity Facility.

Our mission is to provide a caring, homelike affordable residence for seniors, in a setting that encourages independence, activities and involvement with families, friends and the larger community.

Craftsbury Community Care Center
 1784 East Craftsbury Road
 Craftsbury, VT 05826
 802.586.2414

PLANNING FOR THE FUTURE

An enthusiastic Board of Directors of CCCC is laying plans for a Capital Campaign to upgrade our lovely building. After 18 years of service some major maintenance is needed to keep the building in top notch shape so we can continue to provide a wonderful place for the excellent service our residents deserve and expect. Plans include major work to turn the current back porch, which is not fully heated, into a solarium that will be a cheerful space year round. Also planned are essential projects such as a new roof and redecoration of the dining and living rooms. Friday, May 4 is our kickoff event for this vital campaign to raise \$300,000. Stayed tuned for more details!

ART OPENING

On Sunday, February 5th, the Care Center hosted its third Art Opening, with photographer Bethany Dunbar. Bethany spoke about her project, "Kingdom's Bounty", and her book that is due out in June (for more information about the book, go to www.umbragebooks.com). She shared some of the stories behind the photographs displayed at the Care Center, and talked about the evolution of her photography, which started as a supplement to her writing as a reporter at the Barton Chronicle. Bethany's talk was followed by refreshments and music by Dave Brown on the banjo and Ann Ingerson on the fiddle. Several community members were there, and a good time was had by all.

Each month we are featuring the work of a different local artist at the Care Center, and openings are usually on the first Sunday afternoon of the month. Watercolor artist Deborah Holmes, of Greensboro, VT, will be our artist for the month of March. The opening for her work will be on Sunday, March 4th, at 3:30pm, and will be an opportunity to see her watercolors as well as talk with the artist. Please join us! You are also welcome to come by and see the work anytime during the month.

We have also been hosting music on Sunday afternoons, and a monthly visit from local storyteller, Suzanna Jones. These events are open to the public, and a great opportunity for all ages to enjoy music and stories together. If you are interested in receiving more information about community events at the Care Center, please email Kristin Urie at kaletree@hotmail.com.



Local artist Susan Goodby recently displayed her work at the Center



FRIENDS REMEMBER SALLY FISHER

We remember Sally Fisher with affection and fondness. She generously shared stories of her travels around the world which she chronicled through photographs and news articles. She made us feel as though we had travelled to the far flung corners of the world with her. Sally's passion for art, history, and writing were apparent in the conversations shared while she lived at the Center. We appreciate our time together and wish her four sons and their families our best. She will be truly missed.

A CHANCE MEETING CHANGED ALMA'S WORLD

In 1920, Alma Rowley was born in Greenville, North Carolina. She grew up in Greenville with her parents, four brothers, and one sister. After graduating from high school, she went to King's Business College.

She recalls that one of her early jobs was working at a funeral home preparing the dearly departed for viewings by dressing them and doing their hair.

When World War II broke out, she worked at Newport News Shipyard in Wilmington, North Carolina. The Shipyard made Liberty Ships for the Merchant Marines.

Alma was walking down the street one day, and she met a soldier – Charles Rowley. Charlie had entered the US Army Air Corps in 1941. Upon seeing Alma, he promptly asked her to go to the USO with him. She declined because her parents would not have approved. But, then he said, “How about going to a movie with me?” Alma said yes –because EVERYONE goes to the movies!

Soon, Charlie was transferred to Biggs Field in Texas, but they kept their romance alive by telephone and letters. In 1943, Alma travelled to Texas, and they were married in July. Their wedding picture has a place of honor on a wall in Alma's apartment.

Shortly thereafter on August 1, 1943, Charlie was deployed to England. In 1944, he participated in a huge air raid over Germany in which 68 US bombers were lost. But Charlie made it through! For his valor, he received many honors, including the Distinguished Flying Cross.

While Charlie was overseas, Alma took trains from Texas all the way to Burlington, Vermont. She lived there with Charlie's parents for the duration of the war. “We got along very well,” Alma says, even though she had never met Charlie's parents until she arrived in Burlington after her marriage! For the remainder of the war, she worked at the Draft Board in Burlington.

After the war, Charlie returned to Burlington. His parents made an apartment in their home for Charlie and Alma. Before long, though, as their children came along, they moved to a house in Shelburne.

Charlie worked for Gulf Oil Company, and Alma stayed home to care for their children. They eventually had three girls and one boy. She sewed most of her children's clothing, and she passed her seamstress skills to her daughters. Charlie's job required travel and the whole family made several house moves throughout New England. She feels that moving to different parts of the country provided good experiences for her whole family.

Alma and Charlie were married only 23 years. Charlie passed away much too soon. Alma rose to the challenge of continuing to raise her family. They were living in Massachusetts at the time, and she put her sewing expertise to good use by working as a seamstress for the Drama Department at Smith College, making costumes for various productions.

Then, she moved her family back to Burlington while two of her children finished college. For four or five years, she again used her sewing skills working in a bridal shop. After that, she moved closer to relatives to Rocky Mount, North Carolina, until one of her daughters graduated from high school. There, Alma opened her own bridal shop.

Once her children were on their own, Alma moved to Raleigh, North Carolina and worked for an insurance company until she retired. By then, one of her daughters who lived in Greensboro Vermont encouraged her to move to Lauredon Apartments in Greensboro, and she lived there for 30 years until last August when she made the move to Craftsbury Community Care Center. And she is very happy she did! “It's a nice place to be,” she says. Alma likes the fact that she can visit with family and her Greensboro friends nearby.

She is most proud of her kids – and her family has grown to include three grandchildren and two great grandchildren.

In addition to sewing Alma has enjoyed crewel work. Two lovely pieces grace her apartment walls – a vase of flowers and a woods scene. Alma also has fond memories of horses and riding in a horse club. She also travels down memory lane with a beautiful album put together by her family of her life with Charlie. Who would have known that a chance meeting with Charlie would result in such a full, rich life!



NEW EXECUTIVE DIRECTOR

As we wish our current Executive Director, Kathy Thibodeau (KP), a fond farewell; we happily welcome her successor, Kimberly Roberge, B.S.

Kim started her new position earlier this year with the help of KP, the staff, the residents and volunteers. The transition is going well and Kim feels welcome and excited about her new role at the Care Center.

Before coming to the Care Center, Kim worked in the Human Service field and has thirty years of experience including participating in the development and supervision of an elder-care program. In her various positions she gained management, supervisory, clinical and casework experience in office, home, residential and community settings. Kim has also had the honor of working with elders and their families assisting with navigating through the complex system of available resources as well as dealing with end of life issues.

Kim expressed her enthusiasm about continuing her work with elders in the capacity of Executive Director of the Craftsbury Community Care Center to positively affect quality of care, and hence, individuals' quality of life. Her passion for working with the elderly began in high school and has continued throughout her career working in Nursing Homes and on her own with families. Kim states that this and her management experience, work in quality assurance and supervisory skills make her a great match for this position.

We are excited and pleased that Kim is on our team and welcome all who have not already stopped by to say "hello" to do so. Her smile was easy when asked how her transition was going with a resounding "Great".

We thank KP, the staff, the residents and the volunteers for welcoming Kim and helping her to settle in as Executive Director of the Craftsbury Community Care Center. Welcome Home, Kim.



THE CENTER JOINS FORCES WITH THE AREA ON AGING AND AMERICORPS

The Area on Aging and Americorps are bringing two classes to the Center to benefit not only the residents but the community at large. Both classes are free to residents of the 4C's and the public and will begin in the early spring.

The first class is entitled "Tai Chi for Arthritis" and begins on Tuesday, March 27th at 10:30-11:30 AM and will run for six consecutive weeks. The ancient discipline of Tai Chi combines agile steps, joint-safe exercises and mental strength to improve mobility, breathing, and relaxation. Join a fun, joint-safe activity proven to make an impact on your daily life. Tai Chi may improve: concentration, relaxation, memory, balance, and muscle stamina. No registration is necessary but to receive more details please call Diane at 802-745-1331.

The second program addresses concerns around falling. Entitled "A Matter of Balance," this is an award-winning program designed to manage falls and increase activity levels. This is an eight week program that begins in late April. You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Those who should attend include: anyone concerned about falls, interested in improving balance, flexibility and strength, anyone who has fallen in the past, or anyone who has restricted activities because of falling concerns. This class requires registration and needs a minimum of ten participants, so bring a friend! Please call Jenny at the Area Agency on Aging at 802-748-5182 or 1-800-642-5119 for more details and/or to register.

Both of these classes are **FREE and OPEN TO THE PUBLIC**. Both classes are being held at the Craftsbury Community Care Center. "A Matter Of Balance" class dates and times in April are yet to be determined, but you're welcome to sign up early and we'll call you with the dates! We will have flyers at the Center or you can call 586-2414 as April approaches to find out April dates.

PHOTO GALLERY



Making Apple Cider



Holiday Season at the Center



Crafts with East Hill Preschool

A MAN OF MANY TALENTS

Skip Sedore and his group, known as the "Hootnannys", are eagerly anticipated and lively guests on Friday afternoons once a month. Skip, with a sparkle in his eye, strums his banjo and Ryk Loske plays the guitar. Sisters Pete Buck and Lea Cook, together with Sally Reed and Pricilla Brassard provide the vocal accompaniment. Lately, Jim Currier has joined in the chorus. They entertain with a familiar mixture of old time favorites that definitely encourage audience participation. Sally keeps her feet on the move and her clogging always adds to the festive mood.

The history of this entertaining group goes back about two years. Skip and Ryk decided to join Bobbin Hill's musical jam at the Community Center in Westfield, near the base of Jay Peak. On that



first morning, when play was scheduled to begin around 8:00 AM, they arrived an hour early to practice and discovered four enthusiastic ladies who were just as eager to share their vocal talents. Subsequently, the six of them became known as the "Hootnannys". On any Wednesday morning, there may be as many as 30 other musicians from the local area or as far away as Florida or California who come to participate in this weekly musical event. Coffee is provided, people bring their morning muffins or coffee cake and Skip never comes without his customary four new cartoons.

In addition, CCCC has displayed Skip Sedore's artwork on several occasions. Most recently, he demonstrated to the residents how he burns leather to make delicate floral designs or pictures of animals. Some of the work is lightly shaded with paint or toned with heat to provide depth and interest. He often does similar pieces on wood.

For a half century, Skip lived in New Jersey and had a career as a distinguished freelance embroidery designer. He and his wife retired to Craftsbury 22 years ago and he began to engage in the numerous art endeavors that fill his home and leave one truly amazed by his many talents. His earlier background is evident in all the many mediums of art that he continues to work in and enjoy, from his leather craft to his painting to his cartoons. Scarcely a day goes by when he does not pen a cartoon, sketch a whimsical animal figure or indulge in another of his greatest pleasures – writing poetry. His poems and short stories are treasures to pass on to his family of six children and his humorous cartoons of life in the Northeast Kingdom have been published in Wicked Good Humor.

Check the CCCC calendar for the Hootnannys' up-coming visit and you will be in for a special treat.

SUGAR ON SNOW PARTY

Please join us on Saturday, March 31st
2-4 PM

Chinese Auction-Baked Goods-Raffle
Free-All Welcome!

Craftsbury Community Care Center
1784 E. Craftsbury
586-2414

Proceeds from Auction and Raffle Benefit CCCC



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- Bob Twiss

EXECUTIVE DIRECTOR:

- Kimberly Roberge

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