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Letter from the President

There is always so much to be thankful for if you're anywhere close to the Care Center's place and work.

- Incredibly dedicated staff, who grow into love for the residents of this community and show this in everything they do: preparing healthy food, offering kind and tender care, keeping the facility clean, safe, and attractive.
- Volunteers who come and sing, display their art, offer exercise classes, read to residents, and richly fill countless spaces, places, and lives with their helpful hands.
- Families of residents, who come to visit, share stories of lives well-lived with staff, residents, and each other, and help gently to remind us all of the genuine needs of this place.
- Contributors—we live by the kindness and generosity of all who support the Care Center with time and treasures, whether they give to our Annual Campaign and our capital campaign, or bid and buy at the summer picnic and auction.
- The Care Center Board, which gives time, advice and counsel, and operational support to the work of the Care Center.
- Nearby communities that vote to support the Care Center with local tax revenue.
- Vendors, suppliers, and medical professionals, who bring high quality goods and care to the residents of the Center.
- And, of course, the residents themselves, who live together with dignity and patience, and who remind each other - and the rest of us – that life is a treasure, from beginning to end; that life in community is the heart of our shared purpose.

Thank you to all who make this community work and thank you in advance for your generous response to our Annual Appeal letter which will be coming soon. Your support is essential to maintaining the high quality of care and service for our residents and the community.

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
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 Craftsbury, VT 05826
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With gratitude,
 Alan Parker, President of the Board

People are Marj's Life

Marjorie Truesdell has been a resident of Craftsbury Community Care Center for a little over a year. Even though she wishes she was able to live at home, "I love it here" she says. And is she quite a story teller!

Marj was born in 1937 in her parent's home in Stamford Connecticut. She grew up there, graduating from Stamford High School with 507 people. She had two older brothers and one younger sister. As she was growing up, she became an expert with a rifle. She was called "Annie Oakley", and she was so good that she won a number of medals in several competitions. When she was 15, she swam across Lake George.

Her father worked in New York City for New York Telephone Company. During World War II, President Truman requested that he join the Signal Corps, working in the Pentagon, and sending coded communications for 3 years. He worked with large banks of machines that were the prototype of computers. Her Dad also was part of a small team that designed the first transatlantic cable. Marj has a photo of him with President Truman, as well as a citation of recognition from President Truman, recognizing her father's contribution to the war effort.

In 1955, Marj went to the University of Connecticut. She majored in clothing textiles and related arts. She really was interested in architecture, but, at that time, women did not major in that subject. But she enjoyed courses in mechanical and architectural drawing. After graduating from U. Conn, she married and stayed at home, raising her three children. Education was very important in her family, and her children attended college and pursued professional careers. Sherry became a guidance counselor, and is now the Assistant Director at Lamoille Technical School. She lives in Craftsbury. Danny works at home in Claremont, New Hampshire, and utilizes several computer screens to analyze train schedules throughout the country. Nancy lives in Waterford, Vermont and is a kindergarten teacher. Previously she operated a preschool program in Hardwick.

As the children were growing up, Marj and her husband moved to various places in Massachusetts and New York State. Forty-four years ago, they bought a farm in Danville. Marj says that the 3 years the family lived on the farm were some of the happiest years of her life, even though it was hard work.

In 1975, however, Marj divorced her husband and continued to raise her children on her own. She did all sorts of jobs, including working at Willey's General Store in the Hardware Department. She lived in Greensboro for 8 years. She had fun running the summer softball team there. With a few other women, she started AWARE with a pencil, a pad of paper, and a telephone. This program has grown into an area-wide resource that supports women and families suffering from domestic abuse. She also chaperoned a trip to France with Hazen Union High School seniors (including one of her daughters). This experience resulted in her love of world travel that took her to Germany, Ireland, Belgium and Switzerland.

She worked as a social worker for the State of Vermont, and continued her education by earning a Masters Degree in Counseling. She worked in the Reach Up program in Morrisville, providing support for women of limited means who were motivated to work toward a professional career. She found her work there extremely rewarding. And lo and behold, when Marj arrived at CCCC, she learned that one of her clients in the Reach Up program went on to a health care career, and is working at CCCC! Marj also shared her knowledge by teaching at the Community College of Vermont for 25 years.

As time went by, Marj was diagnosed with diabetes which requires insulin injections. Diabetes has affected her nervous system, and she has no feeling in her lower legs. She also is a cancer survivor, and she has developed a type of palsy that causes her hands to shake uncontrollably when she tries to use her hands. On top of that, she is partially blind from macular degeneration. As a result, she enjoys audio books that are provided free of charge by the Library of Congress.

At home, she found it impossible to cook meals or to manage buttons on clothing any more. After she fell at home a couple of times, she realized that she needed an environment where she could receive the assistance she needed. And, she chose CCCC! Marj likes to keep her mind active with CCCC activities, such as Mind Puzzlers, Trivia, and Scrabble. And she loves sports! Here in Red Sox country, she is an avid NY Yankees fan! She has fun with a member of our dietary staff, keeping up a running commentary about the rivalry between the Sox and the Yankees.

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People are Marj's Life (continued)

Marj's corner room at CCCC is full of the memories of her wonderful life. Her son, Danny, set up two bookcases that hold many of these memories – rifle competition medals, U.Conn, bowls from Germany. And her walls are filled with pictures of her family, including her children and her 5 grandchildren of which she is most proud.

Her son, Danny, has made “jigs” to hold her diabetic equipment, which Marj uses to independently monitor her blood sugar and give her insulin even though her hands are disabled. She appreciates the CCCC nurses who check on her when she does these activities, to make sure she is doing everything accurately.

And does Marj love to talk! “When I lost the use of my hands, God gave me a mouth!” Here is another of Marj's stories. When her maternal grandparents retired, they ran away and joined the Ringling Brothers Circus! When people ask what her grandparents did in the circus, she jokingly says her grandmother walked the tightrope! But actually, her grandmother made the costumes for the circus troupe (and for the film, “The Greatest Show on Earth”). Her grandfather packed and shipped the costumes to each circus destination. Their travels with the circus took them to all 48 states at that time and to Cuba! What a great way to see the sights!

Marj rises above her disabilities and is a marvelous people person with a wonderful sense of humor. As she says, “People are my life!”

—Submitted by Janney Johnston

Our New Activities Team Leader

Since July, Barbara Flint has been our new Activities Team Leader. She greets residents, visitors, volunteers, and staff with a warm and friendly smile. Barb seeks activities to meet individual needs of the residents.

Barb and her husband, Jim, who is the Executive Director for Wonder & Wisdom in Greenboro, moved to Craftsbury in June from Burlington. They have two grown children, Alison, 23, a college graduate who is living in San Francisco, and Jonathan, 21, is a senior in college.

Barb grew up in St. Albans and then studied Human Services and Therapeutic Recreation at Lyndon State College. She has had extensive experience serving and caring for seniors in community and outreach settings as well as in long term care facilities. She has also been an early childhood educator and has worked with teens and young adults.

Barb is enjoying her new role at the CCC Center. She believes in building positive rapport with residents and staff and learning about residents' lives and their passions. She works to support their social/emotional, physical, spiritual and cognitive well-being. Matching the residents' strengths and interests with local community members and groups is a key focus for her.

The themes of music, nature and art are current high interests at the CCC Center. There are numerous weekly sing-alongs, concerts and jam sessions. Recently Rollin Tebbetts from Cabot, VT and Enfield, CT came to speak and show bird slides. Tim Patterson has visited with his wonderful dog, Wilson. Thalia Thomas made many visits this summer, spending one-on-one time with residents, even when she was on crutches. Anna Strong played her flute, saxophone, and piccolo, discussing the similarities of the instruments with our friends here at CCCC. Everyone is looking forward to regular visits and art projects with students from East Hill Preschool, Craftsbury Academy and Sterling College throughout the fall and winter seasons.

Barb looks forward to making more and more connections in the NEK and bringing a wide variety of stimulating programming to the CCC Center to benefit us all. She is off to a great start.

—Submitted by Amelia Fritz



Cheers for the Cookout and Auction

Saturday, July 28th had all the best ingredients for a very successful Cookout and Auction. The weather was perfect – sunny and warm but not too hot.

The noon meal provided a bounty of appetizing selections including both tossed green and potato salads, courtesy of local growers Pete Johnson and Robert Linck. Clara Massey, once again, had volunteered to cook her exceptional baked beans and Board President, Alan Parker, contributed his delicious homemade potato rolls. The spit roasted beef and deep fried turkey drew rave reviews. To top off the meal there was ice cream and a plentiful selection of cookies and dessert bars prepared by the Bone Builder class.



It appeared that the silent auction was even larger than usual. A wide variety of items from gift certificates to jewelry to assorted Vermont products was well displayed under the direction of Cathy Wilder. Warm thanks go to Cathy for volunteering to take on this responsibility for a second year.

Ron Sanville did an amazing job entertaining his audience, encouraging reluctant participants and helping to ensure that the live auction was both fun and profitable. Winning bidders went home with tickets to a Boston Red Sox game, a plane ride with a local pilot, hours of gardening and landscaping, hand crafted wooden and pottery bowls, concert tickets or dinner with Sterling College's new president.

The CCC Board is most grateful to all of its friends and neighbors who provided donations to the auction, volunteered in numerous ways from putting up to taking down the tents, to serving the lunch, attended the event and helped to raise over \$7,000. Thank you very much!

—Submitted by Anne Cassidy

Spotlight on Volunteers

Musicians Ned Houston and Don Houghton

"I really enjoy it" was the comment by Ned Houston when asked why he is such a faithful volunteer, playing his banjo or guitar as dinner music at CCC on Thursday evenings. For eleven years he has been volunteering weekly, accompanied, when Sterling College is in session, by a few Sterling students, to play and sing traditional and bluegrass music. For the last year Don Houghton has joined him. Ned says that both he and the students find this a most rewarding endeavor. For students, this is sometimes their first opportunity to perform in front of an audience, providing them the opportunity to gain both confidence and an appreciation of the gifts of older adults. For Ned and Don it's a chance to share their love of music and bring pleasure to friends, old and new.



Don is equally enthusiastic about the rewards of playing and in fact likes it so much that he also brings his guitar to lead singing in a monthly afternoon program he calls "Houghton- Anny". Ned Houston is now in his 35th year on the faculty at Sterling College where his current title is Distinguished Professor. Don is a retired teacher of French and Spanish who taught at Craftsbury Academy 1973-75. He and his wife Mabel returned to Craftsbury just over a year ago and have already become involved in many areas of community life.

Thank you Ned and Don for sharing your gifts of music and the joy of life.

—Submitted by Jenny Stoner

Photo Gallery



Circus Smirkus at 4C's



Paul Daniels Playing the Fiddle at 4Cs



Bill Eisner Plays Harp at 4Cs



4C's Residents Visit Perennial Pleasures

CCCC Capital Campaign

The Craftsbury Community Care Center Capital Campaign, launched in May, is well underway. The solid beginning with generous gifts and pledges from all the members of the Board of Directors has been enhanced by gifts from many community members. At this writing, pledges have been received for over \$120,000 of the \$300,000 goal for the three-year campaign. These capital funds will allow refurbishing of many aspects of the 18 year old building in order to maintain the high quality of the facility and enable the transformation of the unheated back porch into a an energy efficient new multi-purpose community room. We are grateful to the community's support of this effort.



—Submitted by Jenny Stoner

Check out our New Video on the 4C's!

Ian Benson, produced a wonderful promotional video on the Craftsbury Community Care Center. We have posted it on the home page of the 4C's website, www.craftsburycommunitycarecenter.org. The video shows what the 4C's is all about. Check it out and let us know what you think!



Board of Directors:

- Alan Parker, President
- Anne Cassidy, Vice President
- Patricia Lemay, Treasurer
- Jenny Stoner, Secretary
- Amelia Robinson-Fritz
- Jim Jones
- Janet Johnston
- Janet Long
- Jane Marlin
- Bob Twiss
- Bruce Sweeny
- Larry Gluckman
- Michelle Warren
- Cilla Bonney-Smith
- Todd Hardie
- Mary Hall

Help Us Update Our Newsletter List

Please call or email us if you have any address corrections or if you would rather have this newsletter sent via email instead. Thank you for helping us keep our mailing list up-to-date.

Executive Director:

Kimberly Roberge

Address Correction Requested

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