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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.

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Letter from the President

Dear Care Center friends,

One of our great fears as we get older is that we will end up alone. This could mean being alone in our homes, with old friends and family slowly disappearing from our lives. Or it might mean ending up having to move from our homes to an unfamiliar place, living with others our age, but lacking the special breath of life that is a real community. Building a sense of community, where life remains vibrant and stimulating, lies at the heart of our mission at the Care Center.

Recently, I overheard two women talking. I heard the words “Care Center,” so my ears pricked up. One is a teacher; the other a staff member at the Care Center. They were hatching a plan; the teacher wanted to get her students involved in a project to have them write and share their stories of “What school is like.” The other side of the plan was to invite residents at the Care Center to write their own stories of their memories of what school was like for them. Then of course, the plan was to bring the students and residents together to share their stories. How wonderful will that be? We learn, in part, by remembering together; and we remember by learning together.

Every week, a group of older local citizens gathers at the Care Center for a program known as Bone Builders. This is an exercise program designed to encourage physical activity for people for whom such activity is, well, more difficult than it once was. (Now that I am over sixty myself, I know how this can happen; trust me...) Over the past few months, this group has attracted more and more of the Care Center residents; they are building community with non-residents in a way that reminds everyone that the Center is not just its own community; it’s part of a larger one.

On Valentine’s Day, a group of children from the East Hill Preschool came to the Care Center to deliver Valentines to the residents here. “Construction” paper builds more than Valentine hearts; it can build relationships. This wasn’t only a sacred “multi-generational experience” of the kind that our culture offers too little of; it was also a gentle reminder that love, as we tend to celebrate it on Valentine’s Day, is much more than romance. It’s about affection, respect, and the treasure of people of all ages being together.

Every single one of us has something of incalculable value to offer to the world, every day of our lives. And when we offer it, we get back far more than we give away. In fact, “away” doesn’t even enter into the equation. Sometimes, giving and receiving are the same thing; would that it might always be so. This is how we aspire to work and to be at the Care Center.

With thanks and blessings to all who make this community work,
 Alan Parker, Board President

P.S. A friendly reminder; you can continue to help this great work with your financial support for our Capital Campaign and/or our Annual Giving Campaign. Details are elsewhere in this newsletter. We appreciate this support more than we can say!

Resident Highlights

HAPPY 90TH BIRTHDAY TO CARL

Carl Harvey recently celebrated his 90th birthday! A colorful Happy Birthday balloon gaily floats in his room at CCCC.

Carl was born and raised in Hardwick, Vermont. He worked on his father's farm there until World War II broke out. Carl joined the Air Force, and received training for one month in Springfield, Illinois before being shipped overseas to the Pacific Theater. While in Springfield, he had a friend with a sister, Jean. While Carl was on a date with another girl, something clicked between Carl and his friend's sister. Carl ended up talking more to Jean that day than with his date! When Carl asked Jean to go to a movie, she declined because her mother was waiting for her to come home. But Carl's friend interceded. He told Carl and Jean to go ahead to the movies, and his friend would tell Mom where they went.

During the War, the Air Force stationed Carl in such places as Oahu (before Pearl Harbor), Iwo Jima, and Saipan. As an Assistant Crew Chief, he was responsible for the oxygen generators that supplied oxygen tanks to the fighter pilots during their flights. Carl was also privileged to see the Emperor of Japan as he boarded the ship upon which the surrender documents were signed.

While the War continued, Jean wrote Carl letters every day. On January 2, 1946, Carl returned state-side. A month later, he invited Jean to come to Vermont to visit the area. And on March 2, 1946 Carl and Jean were married. They were married for 56 years, until Jean passed away 11 years ago.

They operated a small dairy farm, and had four children – two boys and two girls. Carl also worked off the farm, doing carpentry, appliance repair and television installation, to provide for the family. Both of their sons carried on Carl's military tradition by becoming career Air Force officers. Carl's family has now grown to include 11 grandchildren and 16 great grandchildren!

In 1956, Carl and his father cleared land and built a camp on Greenwood Lake. They call it "Harvey's Haven". It is still enjoyed by the family to this day. Carl also enjoyed coin collecting, and travelled a lot to visit family over the years. He has been a Mason for over 50 years.

In the early 1960's, a car accident severely injured Carl's back, and he was unable to continue dairy farming. After recovering from back surgery, at the age of 41, Carl attended Johnson State College, and became a teacher! He was a fourth grade teacher at Cabot Elementary School – the only male elementary school teacher there. He was much beloved, and became a male role model for his many students over the 15 years that he taught. He used to start each class in the Fall by saying, "I say what I mean, and I mean what I say." His students looked up to him, and he never had to send children to the Principal's Office for discipline. The University of Vermont gave him an Outstanding Teacher award for his excellence, and the plaque is proudly displayed in Carl's room.

About 1 ½ years ago, after falling several times at home, Carl came to live at Craftsbury Community Care Center. Since that time, he had to be hospitalized once. But, he was motivated to work hard on his rehabilitation because he wanted to go back to his "new home" at CCCC. Carl likes the fact that he can choose from the many activities that CCCC offers. His daughter feels that CCCC is a wonderful place to be, with such caring people to assist her Dad.

Now that Carl is a nonagenarian, he was asked what he wanted to do. He said, "I'll go to 100"! Let's hear it for Carl!



Spotlight on Staff

Debbie Phelps, Personal Care Attendant, is a real Vermonter, having grown up in Townsend and Brattleboro, Vermont. She now lives in Wolcott. When she was a teen, she was a Candy Striper. As an adult, she worked at a book press company. When she married and started her family, she stayed home to care for her three children – two girls and a boy. She now enjoys 5 grandchildren, too. Her fun activities include camping, fishing, and hunting.

When she was divorced and her children had grown up, she looked for employment. When Craftsbury Community Care Center first opened, Debbie applied as a Housekeeper. During the employment interview, however, she was asked to consider a nurse aide position that included on-the-job training. Since she likes people, Debbie happily accepted the nurse aide job. And, she has never regretted it! Debbie is not one to say, “that’s not my job.” She has become a jack of all trades at CCCC because she also helps from time-to-time with housekeeping and a little maintenance.

Debbie’s face lights up when she talks about her work at CCCC. “I think of our residents as my second family,” she remarks. She loves to sing – and will even do a little dance – to liven up the residents’ days. One former resident even claimed that Debbie saved her life by performing the Heimlich maneuver on the resident when she was choking on a piece of chicken.

We congratulate Debbie for her dedication and caring for our residents at Craftsbury Community Care Center for over 17 years!

Kim, director at CCCC says, “We always know when Debbie is working because her laughter fills the hallways. She brings laughter and happiness to the residents as well as commitment and compassion.” Thank you Debbie for all you do to enhance the lives of the residents!

—Submitted by Janney Johnston



CCCC Capital Campaign

The Capital Campaign Committee of CCCC is delighted to announce that the generous gifts from friends and the community have enabled us to pass the halfway mark for the \$300,000 campaign. As of February 15th more than \$160,000 has been given or pledged. These funds include a 2012 Human Services & Educational Facilities Program Grant of \$25,000 from the Vermont Department of Buildings & General Services, which was presented to board chair Alan Parker at a December ceremony in Montpelier.

The gifts received to date have enabled us to address a few of the most pressing needs. Updating our very old computers and technology was the first priority. Staff is now able to deal more efficiently with all the record keeping required by state and federal regulations and to prepare for the requirement for electronic medical record keeping that will start soon. Another priority that has been met is replacement of the worn carpeting in public areas that had become frayed and was posing a hazard for any resident using a walker. Come by to admire the lovely new carpet!

The next projects, for which we need your help, are the transformation of the back porch into a year round solarium and exterior painting to maintain our beautiful building. Transformation of the porch will provide a much needed community room where activities for both residents and the community can be scheduled without disrupting the dining room. A GREAT BIG THANK YOU to all who have contributed to the Capital Campaign. If you have any questions you can consult the CCCC website or call the Center who will have a member of the committee contact you.



—Submitted by Jenny Stoner

Spotlight on Volunteers

LINDA SCOTT, Quilter, Decorator and Friendly Visitor

In 1996 Linda Scott helped an older friend plan for her future at the Craftsbury Community Care Center, which was about to welcome its first residents. Rebecca Skillin moved in, bringing with her a very dedicated volunteer who continues to befriend and enhance the lives of CCCC residents.

Early on Marjorie Morrill joined the Board and gathered regularly with a group of resident avid knitters who called themselves the “Knit Wits”. Occasionally Linda would join the knitters but she became actively involved with the program several years later. According to Linda, Marjorie continues to provide the leadership and artistic flare for that group although the focus has shifted to quilting. The Knit Wits have made 12 or 13 quilts, which have been raffled off to provide funds for the crafts programs and CCCC.



The Knit Wits meet every Monday from 3:00 to 5:00 p.m. except during the summer months. Linda always encourages other quilters from the community to participate with them. At the suggestion of residents, the group’s interests have expanded to include mending and sewing for those at CCCC. They have made aprons and potholders for the kitchen staff and placemats for the dining room. Because many of the residents find shopping a challenge, the Knit Wits design cards for the holidays throughout the year. Answering the needs of residents is at the core of Knit Wits activities.

Linda and Marjorie plan seasonal celebrations including Halloween, Christmas, Valentine and Easter parties and perhaps the residents’ favorite – a Tea Party in the warm weather. They provide costumes, decorations, party food and for the Tea, an array of dressy hats.

On her own initiative, Linda loaned a curio cabinet to CCCC. She changes the exhibit periodically and welcomes residents and community members to display their personal collections from dolls to jewelry to sports memorabilia. If you would consider sharing a collection for a month or two, please leave a message at the CCCC desk for Linda. (The cabinet is kept locked at all times.)

Linda was fortunate in having both grandparents and great-grandparents whom she remembers from childhood. She misses their stories, experiences and wisdom so Sunday afternoon often finds her visiting at the Center. She might bring a movie or rebroadcast of an old television show to share with residents but frequently just chats with friends. Her love of family and the elderly is a special blessing and great benefit to all at CCCC. Thank you, Linda!

—Submitted by Anne Cassidy

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.

CCCC is Now on Facebook

The 4C’s has just started a facebook page. Right now we just have a few pictures and a listing, but we hope to put events on there soon. Stay tuned!



Picture Gallery



Charlie and Marie, as King and Queen of the Sweetheart Dance



Creative Movement Program with AmeriCorp volunteer, Sha'an Mouliert.



American Heritage Girls Troop Visiting the 4C's



The 4C's New Year's Eve Party

New WCAX CCCC Commercial

WCAX has produced a new video promoting the 4C's. It is scheduled on WCAX often in the morning. A link to the commercial is also on the home page of our website, www.craftsburycommunitycarecenter.org. Check it out and let us know what you think!



CCCC Sugar on Snow Party

Come join the fun at our annual Sugar on Snow Party on Saturday, March 23rd from 2-4 PM. Enjoy Randi Calderwood's delicious maple syrup drizzled over fresh snow and also the popular Chinese auction of delicious baked goods, including everything from breakfast coffee cakes and muffins to the most decadent chocolate desserts.

This year's outstanding raffle features Hardwick resident John Paterson's beautiful custom crafted mirror, a framed seasonal Vermont print by Greensboro artist Deb Holmes and a gorgeous pool patterned quilt made by the CCCC Knit Wits.

Raffle tickets are now on sale at the 4C's, C Village Store and also Craftsbury General Store for \$1 apiece or six for \$5. For additional information, you can call the 4C's at 586-2414.



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