



In This Issue:

	Page
Letter from CCCC President	1
Annual Appeal	2
Staff Spotlight	2
Toe Tapping Music	3
Endowment Fund	3
Cookout & Auction	4
Resident Spotlight	4
Photo Gallery	5
Upcoming Events	6

Letter from the President

Greetings,

That time of year between fall foliage and first snow is upon us. It often seems a hectic time for me, filled with endless chores of preparation squeezed among the frequent rains, and diminishing daylight. However, once my snow tires are on and my woodshed is filled to capacity, I can't help enjoying a sense of readiness, even though my to-do list reminds me I still have more to accomplish. It is also a time to look back on events identifying the past year. I get a similar sense of readiness when I look at the accomplishments that the Care Center's board of directors have had over this past year.



Looking back on this year the board has not only established the Care Center Endowment Fund, but they have all pledged donations to get this fund launched by end of 2019!

After reviewing our annual Auction and Cookout, we identified items that appealed to a broader spectrum of area residents. Hopefully, we can encourage more of these items for next year. Last year, in addition to providing a number of professional sport fan collectibles, local artisan boat builder Phil Pike of Greensboro Bend donated his beautiful wooden interpretation of a Rushton, "Wee Lassie" solo canoe. Phil is planning a two-person, cedar strip constructed, recreational canoe for the 2020 auction.

Hosting our first "Legislators Breakfast" proved to be instrumental in effecting an increase in the state Medicaid reimbursement rate provided for Assistive Community Care Services.. We are now planning to make the breakfast an annual Care Center event. The bump in Medicaid reimbursement resulted in a significant boost to the Center's income tally.

Much work surrounding our mailing list for the Annual Appeal also contributed to a growth of approximately 9% over last year!

Beginning this winter, the Care Center will be appreciating a reduction in their electric bill. We have contracted with a solar powered net metering group with a solar array located in Greensboro Bend supplying power through the Hardwick Electric Company saving the Care Center about 10 percent annually.

Our Building and Grounds and Development committees have been working closely with grant writer, Ceilidh Galloway Kane, to secure funding for a prioritized list of projects including the initial phase of an accessible main entry project, accessible walking trails on the grounds for our residents and friends, and replacement of our walk-in refrigeration units.

It goes without saying how appreciative we are for support from you, our community members, and that we are forever grateful. I would especially like to recognize our board of directors. They have all been putting in extra hours. The directors, in concert with our executive director, Kim Roberge work tirelessly, donating time and talent, and are achieving significant improvements and preparing well for future challenges. I am very proud of their accomplishments and humbled to work with such a dedicated group.

—Mark McAndrew, Care Center 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.

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Annual Appeal

It's that time of year again. Thanks to you we exceeded our goal of \$60,000 by \$3,751 last year. Every dollar counts and makes it possible to pursue needed repairs and projects. Currently 2 projects are underway. One of those is an automatic door system with additional heat source for our front door. Although a big portion of this funding is from grants, some money received from the Appeal is applied to the matching funds portion needed. The second project is a walking path on the grounds behind the Care Center for residents and families to safely walk the grounds. This has been a dream for a while and currently the design is being drawn up with completion projected for late spring when weather conditions permit and grant funding has been received.

In addition, expenses continue to rise. As an example, the rate for health insurance for employees is rising by 14% this year. That is more than \$10,000.00 more when compared to last year's cost!

Many of your gifts were given in memory of a loved one and they are listed here. In addition, gifts given directly to the Care Center are also listed. We count on you. Please be generous.

ANNUAL APPEAL GIFTS IN MEMORY OF

Earla Bailey	Roberta Balantine	George Bickford	Randi Calderwood
Levi & Ona Cole	Ed Epstein	Sally Fisher	Robert Hardy
Ercel Harvey	Dan Hill	Stella Lammert	Ruth Lawrence
Ethel Locke	Alan Lukens	Barbara Lussier	Eila Moffat
Ruth Nelson	David Perham	Audrey Reed	Harriet Robbins
Morris Rowell	Alma Rowley	Stuart Sanville	Julian Scholl
Gladys Spaulding	Emeric & Jeannette Tanguay	Marge Truesdell	Bob Twiss
Neil Ulman	Phyllis Van Martre	Cathie Wilkinson	Stephen Williams
Audrey Wilson	Robert & Harriet Wilson	Phyllis Zecchinelli	

ANNUAL APPEAL GIFTS IN HONOR OF

Kim Roberge

CCCC GIFTS IN MEMORY OF

Louise Davis	Jane Greaves	Alex Hurt	Russell E "Buzz" Jones
Sarah Larrabee	Estelle Mc Andrew	Helen Renaud	Harriet Robbins
Skip Sedore			

Sandy Stoddard– Staff Spotlight

Sandy Stoddard is the type of senior health care worker our region and Vermont needs more of. Sandy has been a Resident Assistant at the 4Cs for six years. She works in the early mornings helping residents get ready for the day and have breakfast. She also works in the evenings helping residents relax after the day's activities and get ready for bed. In addition to working at the 4Cs, Sandy works at Lamoille Home Health and Hospice where she cares for seniors in their homes.

Sandy has lived her entire life in Craftsbury, growing up on a dairy farm where she milked cows from 1992 to 2004. Her parents reluctantly saw their last cows leave the farm in January 2019, and now, along with Sandy's husband, brother, cousins and friends they are growing hemp. Sandy and her husband, Jay, have a daughter, Iva, 22, who works at the C Village store and son, Jesse, 16, who is training to be an electrician.

Sandy also has an indoor/outdoor "house chicken" named Miss Chicky who is the lone chicken remaining from an original flock of 24 that has been reduced over the years by foxes and other natural causes. Now, Miss Chicky leads a charmed life, outside during the day, indoors at night and she enjoys oatmeal and mac and cheese at meal times.

Sandy appreciates that the Care Center staff works well together, covering for each other when necessary. She enjoys getting to know the residents and learning from them about their experiences and other things that have enabled them to live a long life. The Care Center is extremely lucky to have such a dedicated, caring individual assisting residents. Thank you Sandy!



Toe-Tapping Music

If you happen to walk into the Care Center and hear lively, toe tapping Country - Western music, it's most likely Ted Lambert Jr, Tony Washburn and John Phelps singing and playing. These three men play not only at Craftsbury Community Care Center but at Nursing Homes and Assisted Living Centers in the Lamoille County area five or six times a month. They play together to maintain and improve their musical skills and have fun while doing it.

Ted Lambert was born in Connecticut, but his father was a Vermonter. The family moved back to Vermont when Ted was quite young so his dad could help on the family farm. Ted (age 73) now lives in Hyde Park with his second wife and 12 year old daughter. He has two grown daughters and three grandchildren from his first marriage. In 1989 he began selling insurance, retiring when he was 71½. He found that the usual pastimes for retirees; golf, fishing, hunting or tennis were not viable since he has peripheral neuropathy and isn't steady on his feet, so he turned to volunteering music at the county rest homes. Ted started playing and singing when he was in his early 40's.



Being born in Morrisville qualifies Tony Washburn as a Vermonter. Tony showed his musical talent early, playing the harmonica when he was five or six. He got his first guitar when he was seven. He now plays the fiddle, and mandolin, although he predominately played guitar in his band life. He taught Ted to play the guitar and they still like playing together and challenging each other to grow musically. Tony majored in music in college, taught music in schools, and played professionally in country, bluegrass and swing bands while working day jobs. He was an automobile mechanic for many years, then worked at a local body shop. After teaching music, he taught industrial arts at Craftsbury Academy and then at the prison in Newport until retirement. He is mechanically gifted as well as being musically talented and a great teacher. Tony is 85, has 90 % hearing loss and macular degeneration but continues to play his instruments like a pro.

John Phelps was the last person to join the group – at Ted's urging. John started playing and singing about four years ago. After some time, Ted suggested John join him and Tony as a way to practice and improve in front of an audience. John was born in Lamoille County so he, too, is a Vermonter. He worked at the Union Bank for many years before becoming a carpenter and finally ending his career working at IBM. John is 77 and he and his wife Gerry have two children.

Of all the places the trio plays, Ted says they enjoy the Craftsbury Community Care Center best because the audience is so appreciative. The Care Center certainly enjoys their music and the fun they have while playing and singing those Country Western songs.

Ensuring A Healthy Future

For 25 years the Craftsbury Community Care Center has been committed to providing high quality residential assisted living care for elderly citizens of our communities. To ensure continued excellent service long term, the Board of Directors has been engaged in a systematic review of the multiple sources of revenue that serve this mission. As we assessed future needs and challenges to continued excellence, we realized that an endowment would be an important step.

Towards this goal the Board has now established the Craftsbury Community Care Center Endowment Fund with a kick-off date of January 1, 2020, for receiving donations and gifts. The Board members have pledged contributions to the Endowment Fund, giving us a generous start. We hope you will consider a special gift or a designation in your will or trust to help ensure the future of the Care Center. Early next year we will be sending you more information about how you can contribute to the long-term future of the Care Center.

Cookout and Auction

This year's event was a big success raising more than \$10,000 which is important to our bottom line. In addition to being a financial success it's a fun day for all. We were blessed with beautiful weather and a good turnout. Some of the buzz and excitement at this year's auction was the raffle of the Patriots football signed by Tom Brady which raised \$1,670. The lucky winner was K C Colt shown in the photo with our president Mark McAndrew. We welcomed Ron Wright as our auctioneer after the retirement of Ron Sanville.

In addition to the hard-working Board of Directors many volunteers make this event possible. The staff at the Care Center, in particular Kitchen staff, Kim Roberge Executive Director, and Tim Beauregard Building and Grounds Manager also do much more than their average day's work to make the day a success. We are indebted to Michelle Warren for her computer expertise. The Green Racing Project Team from the Outdoor Center provide valuable muscle and time in the picking up of tables and chairs and the erecting of the tents on Friday afternoon and then returning Saturday afternoon to reverse the process. We couldn't do it without them! Jasper Hill raised and donated the pig which was delicious.

Each year we try to improve on the event and we welcome your suggestions and ideas. A heartfelt thank you to all who donated, volunteered and enjoyed the day.



Ann Sullivan—A Woman of Diverse Talents

Ann Sullivan came to live at the Care Center 3 ½ years ago. She is a native of Northeast Vermont and has lived in or around East Hardwick for much of her life. Speaking with a soft roll of accent which characterizes many generations of residents of the N.E. Kingdom, she paints a lively verbal picture of growing up on their family farm. Her life as a child included milking cows by hand, learning to drive a horse-drawn hay rake; "...really hard work and the rows had to be just right". She loved being able to "run free" in the fields and in the woods riding bareback on her pony. Although her adventures sometimes worried her parents, she claimed, "...but I was always home by supper time". Education was highly valued by the family, and she graduated from high school at St. Johnsbury Academy.



Ann's careers outside of the home included many years as a telephone switchboard operator. She later trained in the health care field, first as a nursing assistant at Hardwick Health Center, and then as an EMT serving on the Rescue Squad.

Ann and her husband, Dick, who is now at Greensboro Nursing Home, have been married for 69 years.

They raised two daughters and a son who are ongoing sources of pride and family satisfaction. Ann and Dick were courting in 1950 when Dick was drafted into military service. They quickly and boldly decided to get married just 5 days before his deployment, and had to rush to find an available priest willing to perform the ceremony on a Monday morning. After his military service Dick became a career officer in the National Guard. Upon his retirement he was awarded a Special Citation for his 37 years of service.

Ann says that she feels fortunate and very comfortable living at the Care Center. She is an avid reader and shines as a star in games of Trivial Pursuit. When asked to share a word of personal wisdom she states, "...if you really believe in something, stick with it!" to which she adds a pithy corollary, "...if going through hell, keep going!"

Craftsbury Community Care Center Photos



CCCC at Craftsbury Old Home Day



Curt Whiteway of Craftsbury sharing his experiences in WWII



Annie and Tara practicing the Handchimes



Watercolor painting with Saplings Childcare Center



Furry Friend at the Care Center



Blueberry picking at Mathez's Farm

Upcoming Events

- **Tuesday, Nov 5 at 1pm:** Carol Ann Jones
- **Friday, Nov. 8 at 2pm:** " Our Night Sky" DVD
- **Friday, Nov. 8 at 3 pm:** Yoga with Nadine
- **Tuesday, Nov. 12 at 10:15am:** Singing with Jim Currier
- **Thursday, Nov. 14 at 1:30pm:** Singing with Cooie
- **Thursday, Nov. 14 at 2:30 pm:** Vermont Studies with Jo- Flood of 1927
- **Friday, Nov. 15 at 3pm:** Hand Chimes Choir from Heartbeat Lifesharing
- **Saturday, Nov. 16 at 9:30 am:** Northern Lights Singing Group
- **Monday, Nov. 18 at 2pm:** Singing with Debbie Yacavone
- **Friday, Nov. 22 at 3 pm:** Yoga with Nadine
- **Saturday, Nov. 23 at 10am:** Music with Rich Atkinson and Friends
- **Tuesday, Nov. 26 at 10:30 am:** Music with Ted Lambert and Tony Washburn and John Phelps



Board of Directors:

- Mark McAndrew, President
- Jane Marlin, Vice-president
- Jenny Stoner, Secretary
- Carolyn Ryan, Treasurer
- Geoffrey Bok
- Rob Dewees
- Norm Hanson
- Kathy Hemmens
- Jeanne Joslin
- Jim Jones
- Steve Pitkin
- Janet Travers
- Rebecca Young
- Anne Cassidy, honorary member
- Janet Long, honorary member
- Michelle Warren, Newsletter Assist.

Executive Director:

Kimberly Roberge

