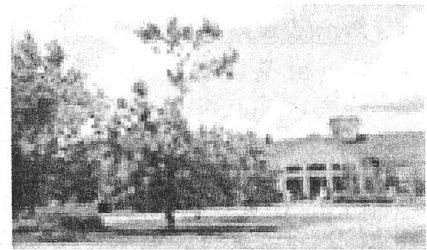


# News and Notes

Oct.-Dec. 2009



## Resident's News

A rather rainy summer did not dampen our spirits this year! We started July in style by decorating the electric car as Uncle Sam, complete with striped top hat (thanks to Linda Scott) and drove proudly in Greensboro's 4<sup>th</sup> of July Parade.



We were very fortunate to have one lovely day in July for our annual Cookout & Auction, which was very well attended and greatly enjoyed.

Also this summer we enjoyed circle drumming with Rosemary Wereley, performances by the Craftsbury Chamber Players and a visit from *Loving Long Ears*, miniature donkeys who came in costume and put on quite a show. (See photo on page 3.) The young troupe of Circus Smirkus came to perform for us too, with some of the residents getting into the act.

Our kitchen garden was a fairly successful this year. Although we lost most of our row tomatoes to the blight, resident Bill Heinchon was able to grow container tomatoes. Lyman, Bill and Ed planted beans and peas, and our herbs and lettuce did quite well. Many thanks to volunteer Janice Dinsdale who supervised both the kitchen garden and the front gardens on an on-going basis.

*Cont'd. on page 3*

## From the President

Dear Friends,

As the leaves reach their full brilliance and start to fall, it is time to look back on our summer and ahead to our preparations for the coming fiscal year. Thanks to everyone who attended the CCCC cook out in July and bid on items at the auction. The event was well attended and very successful.

During the warm summer months the residents enjoyed several outings with trips to the Greensboro 4<sup>th</sup> of July parade, a picnic at Crystal Lake in Barton and a foliage ride. As we move into the winter months our residents will look indoors for entertainment.

We continue to serve the community by hosting the twice-weekly Bone Builders class, preparing and distributing Meals-on-Wheels and sharing cultural offerings such as concerts, poetry, movies and our recently initiated adventure with Hamlet.

At this writing, all of our 24 rooms are in use; however, more than half of occupants are currently on Medicaid, which does not fully fund the costs of supplying the care and services we provide. As part of our charter, we are mandated to offer services to those of lesser income, an endeavor which we appreciate and look forward to. This does cost money though and this is where you are needed.

We are entering into our fall and winter and will be starting our annual fund drive. This is our major fund raiser for the year and is essential for our successful operations. We hope that everyone will keep us in mind for charitable giving despite the current economy.

As usual, our volunteers are essential to maintaining the CCCC facility and providing enrichment for our residents. This fall we had a group of Sterling students help with planting, pruning, and weeding as we prepared the grounds for winter. Community members, who deliver meals on wheels, provide transportation to doctor's appointments and

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*From the President, cont'd, from page 1*

for shopping at Willey's store are greatly appreciated. We are always looking for more volunteers to help with these tasks.

Sincerely,

Randi Calderwood

President, Board of Directors

## **Taxi, Please!**

That would be a very personal taxi, often driven by one of two friendly and extremely dedicated volunteers. Both Fielda Calderwood and Lois Charron have been active at Craftsbury Care Center for many years.

Fielda Calderwood was involved with the planning of the residence and a member of the original Board of Directors, beginning in 1995. These days she considers herself "on call" which can mean several times a week. Her trips with the residents take her south to Morrisville or Stowe and north to Orleans and Newport. Often the destination is a doctor's appointment so she will carry with her an historical novel as reading them is one of her favorite pastimes. Fielda's greatest pleasure is in building relationships with the residents and spending time with them. When she has a quiet moment she works jig-saw puzzles and Sudoku. In addition, at CCCC's Sugar on Snow Party, Fielda is responsible for heating the maple syrup to the perfect temperature.

If it is 1:30 on a Wednesday afternoon the residents can expect Lois Charron to arrive for a trip to Willey's Store. She can accommodate up to three people and provides all the help they need for browsing or shopping. This has been a weekly feature for the past seven years, ever since Lois retired from full time teaching. She does continue to substitute teach, is a very active member of the Retired Teachers Association and a Scrabble and Quiddler enthusiast. When asked about her faithful commitment to CCCC, she replied that she really enjoys older people and then reflected with a laugh that she, too, is growing older.

Knowing the dependence all of us have on our cars and our ability to come and go at will, it is obvious what an important service both Fielda and Lois provide for the residents who no longer can drive themselves. Our grateful thanks to you and all our drivers.

## **Bienvenue Jennette**



Welcome to Jeanette Tanguay, who recently moved to the 4Cs!

Jeanette was born in 1917 in Ste. Justine, Quebec, Canada – the fourth of eight children. When she was three years old, she and her family moved to her uncle's farm in E. Hardwick, Vermont. A couple of years later, her parents bought a dairy farm in Craftsbury, near a family that had also emigrated from Ste. Justine. Her family operated the farm for 24 years.

Jeanette remembers how hard it was entering school when she was young. She spoke only French, but school was conducted in English. She had a wonderful teacher, though, who helped her while she learned the new language. She is proud of the fact that she still can speak both English and French.

Jeanette and her future husband, Emmeric, met through their parents. When they were first married, they lived on a farm in E. Hardwick. Eventually, though, they moved to Greensboro Bend, living in their home above a garage. Emmeric operated the garage where he fixed cars, farm equipment, and all sorts of other things. He was also an accomplished dowser. They had three daughters, all of whom still live in Vermont. Jeanette and Emmeric were married almost 69 years, until he passed away in March of this year.

She fondly remembers her marvelous neighbors in Craftsbury who helped her family learn English- as well as her dear, long-time neighbors in Greensboro Bend where she and her husband lived for 65 years. She is also very proud of her loving and caring family, many pictures of whom grace her amily lovely room.

*Cont'd on page 3*

Jeannette; cont'd from page 2

Jeanette now lives at the 4Cs, and likes it a lot. She appreciates the peace of mind that both she and her family have, knowing that she is safe and comfortable, and that she can obtain assistance whenever she needs it. "It's the best place to be," she says.

## The Best Restaurant in Town

"We couldn't have better chefs." "The food here is really special."

You might think that these comments were referring to the latest gourmet gathering place but instead it's the meals at Craftsbury Community Care Center. Elaine Cole, the Dietary Manager, and Joe Hickey have been the outstanding chefs here for the past six years. They are ably assisted by sous-chef, Marsha Harvey. Sue Hering is responsible for the dinner meal's salad bar. This latter, a request from the residents about two years ago, has been a great success and the variety of greens and extras is astounding.

The chef's 12 hour day includes three meals – breakfast, dinner at noon and supper. Elaine and Joe keep an ongoing list of residents' likes, dislikes, allergies and special requests. The basic menu is on a four week rotation with seasonal changes and differing recipes. Thursdays are Italian fare and fish is usually the focus on Fridays. In addition to serving the residents and five or six staff, the kitchen prepares 11 extra meals each day for the Meals on Wheels program. These dinners, some hot and some frozen, are delivered by volunteers every Tuesday and Thursday.

Fresh ingredients and home cooking are the hallmarks of every meal. Most of the ingredients are purchased locally – the meats come from Currier's in Glover and produce from the CCCC garden and Salvation Farm, a part of the Vermont Food Bank. Thanks to stimulus checks and together with other organizations, a pilot program is underway to provide for additional purchases from local farmers. Tasty breads and scrumptious desserts are baked in the kitchen and for that reason a "new commercial size mixer" is foremost on the chefs' wish list.

Guests are always welcome. The meal has a four star rating, the price is very reasonable and reservations are requested. Please come join us for dinner!

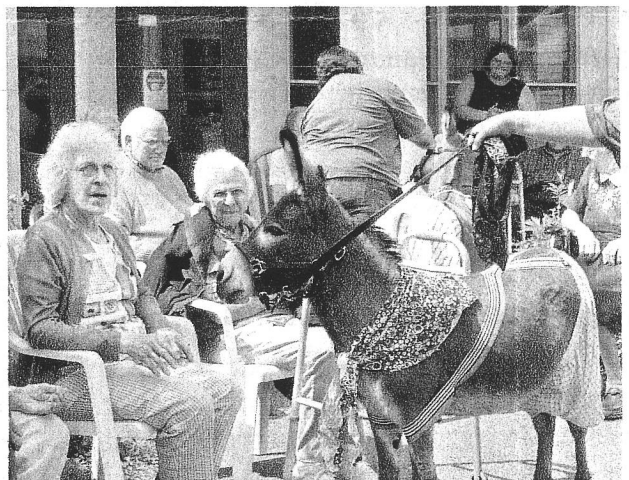
Residents News; cont'd from page 1

We (finally) got to go on a picnic to Lake Willoughby on a day of dazzling late-summer beauty. Joe fixed us up with hamburgers and hotdogs to grill and side dishes as well. Many thanks to Debbie Phelps and Cindy Bailey for making that possible, and to our volunteer van driver David Rodgers.

One of the great joys of the season has been taking short drives in our Gem Electric Car. It is always nice to get out and smell the fresh air and keep an eye on what Mother Nature is up to. In fact, we feel so fond of our little vehicle that we think it should have a name of its own. To that end, we are inviting everyone to make suggestions. When we have enough choices, the residents will vote on their favorite. Feel free to send us your ideas—if we choose yours we'll take you for a ride.

September has brought the return of the Knit Wits, who are already at work on another lovely quilt. They have also begun the *Personal Pillow Project*, which will give each resident a chance to choose materials and design a special pillow for their own use. As usual we will be producing useful and decorative handcrafted items which will be on sale in our Christmas Boutique right after Thanksgiving.

Right now we are decorating and getting ready for Halloween and looking forward to our Halloween Party at 6:30 on Wed. Oct. 28<sup>th</sup>. We welcome visitors, and volunteers, all year round!



*Shirley & Carolyn visiting with the donkeys*

In Memoriam

On September 25, 2009, Barb Headrick LNA, passed away unexpectedly. This is a huge loss for our community, the Care Center staff and our residents. Barb started at the Center in 2002. Her caring and compassionate approach to situations helped us all to know that we could depend on her for assistance, direction and support. Barb had a smile for all, no matter what the situation. She had recently fulfilled a life-long goal of going to Alaska. She touched all our lives with her stories of adventure, disappointments, and true appreciation of Vermont. We say good-bye to our good friend and co-worker.



Board of Directors

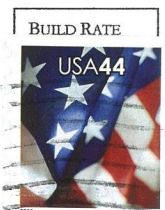
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Craftsbury Community Care Center Inc. is a 501(c)3 organization and Equal Housing Opportunity Facility



Part of the gang enjoying a sunny day at Lake Willoughby; Debby's burgers and dogs tasted great!

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