

# News and Notes

July 2010



## Volunteers Bring Music and Fun to CCCC

By Annie Gannon

We really enjoy each other's company at the "Four Cs". Whether we're doing our morning stretches, competing in the high stakes card game of Skip-Bo, baking delicious cookies, playing golf on the putting green, listening to great literature and poetry, studying some great artist, or just sharing a meal, we all find ourselves laughing out loud and enjoying the camaraderie of living in community together. This shines out most brightly, however, when we're engaged in the act of music.

Around here, music is not a passive form of entertainment, but rather a deeply engaging activity. It takes only a few notes to enliven the spirit and bring smiles, clapping, foot stomping, and sing-your-heart-out results! When I come to work in the morning, if there's live music in store for the day, the residents begin the countdown until the music starts. All is not lost, however, if we have no headliners for the day. We're all in the process of digging through our music libraries and sharing the music with each other in the sitting area. Many a resident has felt moved to get up and dance to a favorite tune.

In terms of the live music, none of it would be possible without the generosity of the many gifted local musicians. To get a feel for the breadth of talent that walks through our door on a regular basis here is a sample of our lineup: Bill Eisner rolls the piano out into the dining room to produce a surround sound effect. He's a crowd pleaser who gets people singing their hearts out.

## Letter from the President

Where does the time go? It seems like only yesterday that we had our highly successful Sugar on Snow Party. A great turn out of local people made a splendid day, especially for the residents. And now our annual cook-out and auction are coming right up. This year we are trying to make it even bigger than ever. A dance from 6:00 to 8:30 with DJ Lance Hall will follow the Cookout so bring your dancing shoes and your picnic if you want to have a good time.

This year we have a wide variety of auction items for all. There are oil changes, compost, massages, tool sets, gift certificates, and even a nine piece outdoor lawn set with cushions. But please remember it's not what you are getting that matters, it's that the money you spend is helping the people that need it, the residents of the Care Center. So please dig a little deeper into your pockets and help us out this year with the auction and the dance in the evening.

The Center this last year has done very well with close to a full occupancy. The residents are very active with our new activities director, Annie Gannon. They enjoy stretching five days a week, golf, poetry, skip-bo, bingo, singing, and even nature walks. It is great seeing them so busy with smiles on their faces. At their last dance, the Crystal Ball, the residents wanted to know when the next dance was to be. We told them the 24 of July after the Picnic so mark your calendars and help us make it a special day for them. Hope to see you there.

Randi Calderwood, President

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## STAFF PROFILE

“You haven’t seen the last of me”



Cathy Wilder in the CCCC library

After 9 years of dedicated service as a nurse-aid at the Craftsbury Community Care Center, Cathy Wilder has retired. She lives in Albany with her husband, and has a son in Barton, two sons, a daughter and a granddaughter in south Florida where she lived before moving to Vermont.

Prior to being a nurse-aid for the Center, Cathy volunteered and still does, here and elsewhere. She also serves as a town lister for the town of Albany.

As a member of *Mouses and Spouses*, a community service group, Cathy has helped put on some lively events at CCCC over the years. One such was a Hawaiian Luau that included a novel rendition of a hula danced to Don Ho’s ‘Tiny Bubbles’. Cathy reminisces about wearing her grass skirt and says she is ready to do it again as soon as the opportunity arrives.

In the fall, the group holds an auction at the Center where the residents get a fistful of play dollars to bid on donated objects. Cathy enjoys watching the residents be frugal with their play-money. For many frugality grew from hard lessons learned as a farmer’s wife.

When Cathy reflected on her work at the Center she said she enjoyed the 2pm to 10pm shift best because she would dress up in fun, bright clothes and put funny things on her head. As dinner time fell during this shift, Cathy said she enjoyed playing music, and dancing during the dinner hour.

Another of her projects was the annual New Year’s Eve celebration which she wrote about: *“I worked New Year’s ever since my first year when one of the residents came to me bemoaning the fact there was no New Year’s Eve party to attend. That got me thinking. So, that first year it was a few residents gathering on the front porch. I served champagne (ginger ale) in wine glasses with some Glenn Miller on the phonograph, 7-8 pm. The 2nd year I had a Guy Lombardo CD with noise makers and party hats; trying to replicate a night club. I would turn the clock ahead so ‘midnight’ came around 7pm. It worked pretty well. Each year I tried to improve. One year Linda Scott found a lighted ball I rigged on a hook so we can count down to midnight, then the ball drops followed by the playing of Auld Lang Syne by Guy Lombardo and his Royal Canadians. The ginger ale eventually was replaced with sparkling cider and champagne. Many hands go into making it a special evening and a good time is had by all. And we’re all in bed well before 12am!”*

Cathy said she frequently felt she received much more from the residents than she was able to give. She plans to continue her volunteer work at the Craftsbury Community Care Center. “You haven’t seen the last of me”. Good luck, Cathy, and we look forward to seeing you around.

By Gwen Bueckendorf, Board Member

## NO COUCH POTATOES HERE

Exercise **really** can be fun as well as beneficial. CCCC frequently sponsors activities which the public are encouraged to attend but *Bone Builders* is the most popular by far. Mondays and Thursdays from 10:00 to 11:00 CCCC residents and community members gather to participate in this exercise program. Debbie Kasper and Cathie Wilkinson, with additional help from Renee Wahler, lead the group through their familiar routine. Mary Jane Dexter and Marianne Weaver pitch in when called upon. Following a warm-up of stretches, the class does a series of weight bearing and balance oriented movements.



In 2005, Kristin Urie, then Director of Resident Activities at CCCC, applied to the Council on Aging and received a grant to begin the *Bone Builders* program. Kristin realized that both residents and the community at large could benefit from exercises that would strengthen their muscles and in turn would strengthen their bones, helping to prevent osteoporosis. An additional component focused on increasing balance to avoid falls. A research program at Tufts University initiated the original idea for this series of exercises. It was administered through the Retired Senior Volunteer Program

(RSVP) in Morrisville and that office provided all the training for the class leaders.

While the program was targeted for those living at CCCC, the community was invited to participate and it did enthusiastically. Currently the vast majority of the class comes from the local neighborhoods of Greensboro, Craftsbury, Wolcott, and Glover. During the winter there are about a dozen regular attendees and the number grows to almost double in the summer. *Bone Builders* is a free program and all ages are welcome. If you have questions, please phone the Care Center or stop by on a Monday or Thursday morning.

A special thanks to all who help with this outstanding program.

By Anne Cassidy, Board Member

## Residents Enjoy the Crystal Ball

Activities Director Annie Gannon works with residents to plan both ongoing programs and special activities. The recent Crystal Ball brought great pleasure to dancers and spectators alike. Music, dancing, party clothes and of course a king and queen are essential for a ball. Residents and community members all had a wonderful time.



# COOKOUT



**Saturday ~ July 24<sup>th</sup>**

at Craftsbury Community Care Center in East Craftsbury

**Dinner at Noon**

*Beef Roast on a Spit – Deep Fried Turkey – Maple Creemees available*

**Live Auction at 1pm**

Silent Auction Items

Children under 5-Free; 5 to 12 yrs.- \$5; Adults - \$10

**And a Dance 6:00 to 8:30 pm**

with DJ Lance Hall

*(bring your picnic supper but, please, no alcoholic beverages)*

## Craftsbury Community Care Center

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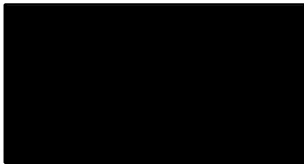
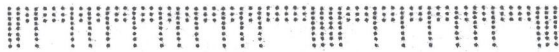
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Kathleen (KP) Thibodeau

Craftsbury Community Care Center

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