

News and Notes



January-April 2010

Resident's News

The month of December was one long celebration for the residents and the many community members who shared their talents and time with us. Several churches and schools sent us carolers and we enjoyed seasonal music from our regular performers including Rich Atkinson, The Mandolin Man, and Chris Stork, our young violinist.

The Moffats donated a beautiful tree, and we had a very merry time decorating it and caroling around it. The Rev. Allen Parker did a special reading of A Child's Christmas in Wales. Linda Scott made the entire building a thing of beauty with wonderful decorations.

The Knit Wits produced marvelous gifts and useful items in their Christmas Boutique. Santa visited us on the day before Christmas, helped serve the meal, and stayed to have his picture taken with almost everyone. On Christmas day, the residents enjoyed the contents of their stockings (The Knit Wits make a special one for each person) and a splendid Christmas Dinner.

We celebrated New Years Eve with a party
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The residents enjoy making art with help from Sterling students.

From the President

As many of you know in the fall, we received news that Lance Comfort our Executive Director was retiring. Lance has been with the Care Center since 2006. In November, the board decided to end their managerial contract with Greensboro Nursing Home. The Care Center and Greensboro have always had a good relationship and that is expected to continue. We wish Lance the best of luck in his new endeavors.

Our Activities Director Rosann Hickey is also retiring. She plans to spend time and travel with her husband Jim. She will be staying on as a volunteer to continue to share her many talents with the residents. We wish her well.

Sue Hering a dietary aide, has been serving our salad bar to residents for about a year. She has decided to return home to accommodate her children's schedules. We wish her well in her future endeavors.

Our rooms are currently all occupied, and we have a waiting list. Thanks to all the residents and their families for spreading the word about our facility. Many who come on a tour comment that they heard about us from a person happily living here.

Our annual fund drive has progressed well to about 98% of our goal. Thank you to all who have continued to support our efforts of serving the elders in our community.

We would like to give a warm welcome to our two new employees, Annie Gannon Activities Director and Shirley Stember Dietary Aide. In addition, we are happy to announce that Kathy Thibodeau, a long time employee of the Care Center is the new Executive Director.

We look forward to spring, and hope to see you here at the Sugar on Snow Party, April 10th from 2-4 pm. Children's Games, Chinese Auction, Baked Goods, and a Quilt raffle are amongst the events that day.

Sincerely,

Randi Calderwood, President

Meals To Go

One more way that CCCC reaches out to the local community

Twice a week, CCCC prepares extra noontime meals because the Center is part of the program known as Senior Meals or Meals on Wheels. The Area on Aging office in St. Johnsbury takes requests and interviews individuals who might benefit from having meals delivered to their homes. Many of the recipients are elderly and/or home bound but the situation might be one of short term disability.

While no one is certain how many years CCCC has been part of this effort, Elaine Cole has been cooking these meals for at least 7 years. On Mondays and Thursdays she or Joe Hickey prepare an additional 10 dinners. Special dinners cater to those with diabetic needs and to vegetarians. Volunteers from the United Church of Craftsbury take responsibility for delivery on one day and members of the Presbyterian Church of East Craftsbury drive on the other. Currently there are 7 households who are on the Senior Meal list in the Craftsbury area.

When a driver arrives at the CCCC kitchen door just before noon, everything is brown bagged and ready to go. Not only is there a hot meal for the day but several frozen dinners to bridge the gap until the next delivery and all are dated. Also included are a fresh dessert, oranges, apples, a package of cookies, container of fruit or applesauce and a quart of milk.

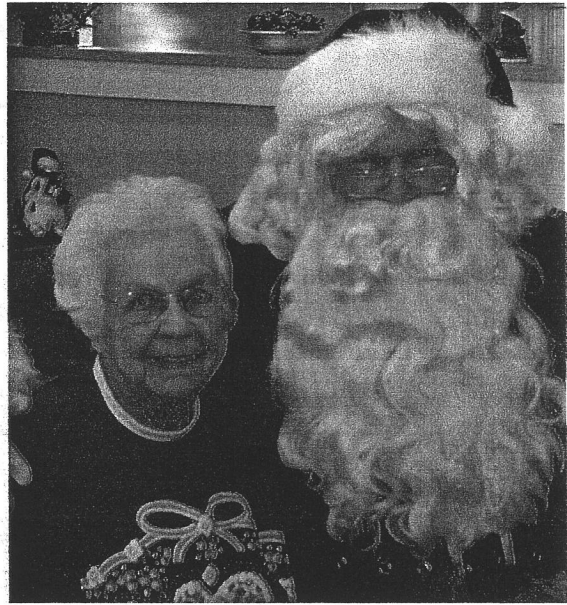
Every two weeks a loaf of bread and pound of butter are added to the regular delivery. Of course, the travel time varies according to weather conditions but generally it takes about an hour and a half to complete the route.

Barb Strong, who volunteers on Mondays, says that the greatest satisfaction comes from the social interaction with each individual. Often the Senior Meal driver is the only person some one sees that day and that brief visit becomes both very meaningful and reassuring.

Many thanks to the dedicated volunteers who deliver the Senior Meals!

Meet A Resident

CAROLYN, THE COLLECTOR



Carolyn McMaster has been a resident of Craftsbury Community Care Center since July 2008. "I'm lucky we found this place," she says.

She was born 91 years ago in Kirby, Vermont – the youngest of six children. Her family moved to Lyndonville, where she graduated from eighth grade. Then, her family moved to Massachusetts.

After graduating from high school in Massachusetts, she worked for the telephone company as a long distance operator – working on the boards to manually make connections. "Being an operator back then was very different than it is now," she explained. Her co-worker set her up for a date – with the co-worker's brother. "I didn't like him much at first, but he grew on me," she says with a grin. They were married for 50 wonderful years, and had four children. A daughter and a son live in Vermont. Her other two sons live in Massachusetts and Florida. While Carolyn is the only living family member of her generation, she is proud of her expanded family that now includes 26 grandchildren and great-grandchildren.

After she was married, Carolyn worked for Sears, Roebuck and Co. for 17 years – mainly in the lingerie department. As an employee, she could buy products at Sears stores at a discount, which really came in handy when buying toys for her

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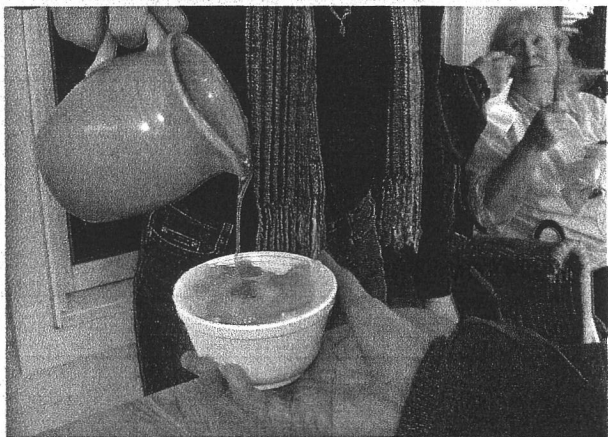
hosted by the Knit Wits and the Mouses & Spouses, featuring the music of Guy Lombardo, games about New Years resolutions and even a dropping ball—falling a bit earlier than the Times Square version.

In January, we met the new interim minister for the Presbyterian church, Dennis Hett, and are delighted to have him coming to visit us practically every week. We also started reading a new play, in which Pastor Dennis kindly took a part.

We had a big screen showing of the classic film, *Lost Horizon*, thanks to Linda Wells and the Craftsbury Library. We bid a reluctant farewell to our Wednesday reader Carol Mendonca, who is moving away, but are thrilled to have Joanie Stinson volunteer to take her place.

In February, we spent some time making valentines for the Greensboro Nursing Home and continued our play reading. On Valentines Day our performance of *The Importance of Being Earnest* was very well attended, with Sally Fisher, Ed Epstein, Mary Rathbone and Arva Foden in leading roles, accompanied by some other readers from the surrounding area. The high point of the day was an elegant Valentine's Tea, complete with cucumber sandwiches provided by Linda Scott.

Since last fall we have been steadily adding new residents, including Mary-Paule Dunbar, Mary Rathbone, Sally Fisher and Phyllis Zecchinelli—which means we now have a full house. The new Activities Director, Annie Gannon, will have a busy schedule for the spring and will welcome the help of the many community members who keep the Care Center a busy, happy place



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children at Christmas time! And she can still purchase items at Sears today at a discount – talk about a lifelong benefit!

She has been a collector most of her life – dolls, cups and saucers – and bells. Carolyn's beautiful room is home to her bell collection. There are four dozen of them, in all shapes and sizes, including one with Mickey Mouse on top and a delicate porcelain angel bell.

Carolyn had been living independently most of her adult life in Massachusetts. But she and her family became concerned when she had several falls that caused fractures of both hips and her pelvis. Then, her family discovered Craftsbury Community Care Center. Carolyn says that moving to the 4Cs has given her and her family great peace of mind. She can receive the assistance she needs from the staff, whom she feels are very accommodating. Her family has the assurance that she is in a safe, caring environment, she explains.

Carolyn is happy to be at the 4Cs and is feeling pretty good. We wish Carolyn many more years of good health and happiness!

Meet the Staff

On November 1st Craftsbury Community Care Center enthusiastically welcomed Kathy Thibodeau as Executive Director. Kathy, nicknamed "KP", assumed this new role after being the Director of Resident Services for the past 13 years. Since 2008, she has co-managed the residence with Lance Comfort, who recently retired as Director of the facility. Prior to working at Craftsbury, Kathy was a nurse at Copley Hospital for twenty years.

Kathy's increased responsibilities as Executive Director have proved both exciting and challenging while her transition has been remarkably quick and smooth. She thoroughly enjoys the expanded opportunities to engage the residents, their families and community members. She finds that the Care Center is a wonderful environment in which to work, with co-workers who truly believe in the mission of the Care Center in caring for our elders. The teamwork, dedication, and longevity of staff have always impressed her.

Kathy's main goal for the future is to promote the residents' ability to partake in activities outside the

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Care Center while encouraging more community involvement in their home. She wishes to build on what a great resource Craftsbury Community Care Center has been for many families and residents over its' 15 year history. When giving a tour it is so easy to promote the residence for its special, significant and highly qualified care. "If you really want to know how well we're doing, just ask our residents."

Away from the Care Center, Kathy enjoys spending time with her partner John on their organic dairy farm in Craftsbury. They have four grandchildren, 3 girls and 1 boy, ranging from 3 months to 10 years of age. She also enjoys knitting and baking.

If you haven't met Kathy or visited Craftsbury Community Care Center, she hopes that you will stop by and introduce yourself to her, meet the residents and other members of the staff.

Craftsbury Community Care Center

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Anne Cassidy, Vice President

Patricia Lemay, Treasurer

Jenny Stoner, Secretary

Gwen Bueckendorf

Amelia Fritz

Bob Griffiths

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Jim Jones

Janney Johnston

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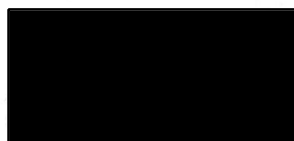
Monica Perrier

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

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