

CRAFTSBURY COMMUNITY CARE CENTER



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.



Letter from the President **By Randi Calderwood**

Dear CCCC Friends,

First and foremost, sincere thanks to the many contributors to our 2010 annual appeal. To date we have raised \$27,000 or 85% of our goal. I'm certain that with your help, in the next few weeks we will reach the 100% mark. As you know, the Center depends on this fund drive to balance our budget by covering the shortfall between the costs of Medicaid residents and the State contribution to their costs. Our charter requires that out of a possible 24 residents, at least 11 must be on Medicaid.

We are most grateful for your continued generosity that assists us in bridging the Medicaid gap.

While the snow provides a wonderful winter backdrop and trees sway in the wind, inside CCCC it is warm and toasty. Volunteers provide lively music and sing-alongs, the activity programs keep minds focused and sharp through crossword games and discussion groups and Bone Builders help both residents and neighboring folks to keep in shape.

As the days grow sunnier and the sap begins to flow I am reminded that Sugar on Snow is fast approaching. Mark your calendars for Saturday, April 2nd from 2:00 to 4:00 p.m. It's a great opportunity to have fun joining in the Chinese raffle for baked goods, taking a chance on a handmade quilt or wall hanging and of course, enjoying that warm maple, chewy syrup on snow, with pickles and donuts included. I look forward to seeing you then.

Again, thank you for your support,

Randi Calderwood, President

Lyman Loves to Read By Storm Chamberlin

Lyman Locke has been a resident at the Craftsbury Community Care Center for about three years and says, "It is a very good place to be!"

Lyman was born in 1921 in Lyman, New Hampshire. It's a town his great uncle founded. He had three siblings, one brother and two sisters, and he graduated from Haverhill High School. During his childhood, Lyman lived with his family at their farm in New Hampshire. He enjoyed feeding the calves as well as trout fishing and playing baseball.

A couple memories from his earlier years include attending the Senior Ball in high school and buying his first car—a two door Pontiac. Due to his father's poor health, Lyman's family gave up the farm. Lyman decided to head to Vermont and start a career as a logger. Lyman settled down and he and his wife had four children: three girls and a son who served in the Marines.

Since moving to the Four Cs, Lyman has had a lot of fun. He enjoys reading westerns, the live music, golf, the large group crossword puzzle, and taking rides in the electric car in the warmer months. His newest form of entertainment is playing various roles in mini skits the residents perform for each other.

Housekeeping; Part of why visiting the Care Center is so enjoyable; whether it is for a board or committee meeting or stopping by to visit a resident or staff person is the warm, clean and inviting atmosphere. I happened to be fortunate enough to sit down and visit with one of the original staff, Dottie (last name). Dottie is one of the dedicated women who keep the Center ready for visitors at any time. I found out that Dottie and Kathy (last name) are two of the original employees from when the Care Center opened 16 years ago! But they are not the only two keeping the Center clean and inviting; there is also Chasity (need to get the other names and last names). This dedicated team works to keep the Center "company-ready" at any time and provides warm attendance to the residents, visitors and staff in many other, less tangible ways. For instance when I was visiting, I overheard the resident Dottie was cleaning for tell Dottie how much she loved her and appreciated the work she did for her. From what I observed this job is much more than keeping the "house" clean, even though that is the back-bone of what they do. It also entails love, patience and "a good eye". Please help me in thanking our housekeeping staff for all their "behind the scene" support to keep us running smoothly and efficiently.

Storm Chamberlin is a Freshman at the Craftsbury Academy. Storm participates in a work study program that includes volunteering at the Center each Monday morning. He spends time visiting with the residents, helping run activities, and bringing the joy of youth to all!



WE REMEMBER THREE FRIENDS

In the past months we have lost three members of the Center's family: Margie Young, Janie Wright, and Carolyn McMaster . We extend our deepest sympathies to their families and express our gratitude that we were a part of their lives. Margie, Janie, and Carolyn all made our lives richer and they are missed.

NORTHERN LIGHT SINGERS SHINE

Northern Light, a hospice choir, was inaugurated in 2008 and is part of a network of similar groups in Vermont. The singers are a diversified group of nine women from Craftsbury, Greensboro and the surrounding area and include Janney Johnston, a Care Center Board member, and Linda Wells, the Craftsbury Librarian. The common denominator is their love of singing and their mission to provide comfort and healing to people with life threatening or end of life illnesses. Most members have had some background in care giving or have been hospice trained.

Ellie Hayes founded the local group and is the choir's director. Her hospice work goes back to the mid-eighties when she trained and served as a hospice volunteer, then worked at the Vermont Respite House. During that time Ellie came to appreciate how the creative arts and complementary medicine can enrich the hospice experience. Later she was Activity Director at Lincoln House in Barre; she is now at Central Vermont Council on Aging. From 2000 to 2005 Ellie's mother lived at CCCC before moving to the Greensboro Nursing Home. Inspired by the film "Holding Our Own" which featured the Hallowell Hospice Choir, Ellie sang at her mother's bedside while she was actively dying. Soon after her Mom's passing, she joined Carolyn's Angel Band, a hospice choir based in Montpelier. A year after that, she started Northern Light.

The choir practices every other Tuesday. They make regular visits to CCCC. They sing familiar hymns, songs from numerous folk traditions, contemporary songs about love, loss, greeting and parting, as well as simple rounds and chants – some lively and uplifting, some quiet and calming. The goal is to promote relaxation, to help dispel loneliness, and to address emotional and spiritual needs.

The Caledonia Home Health and Hospice are a source of referrals for Northern Light. In addition to CCCC the choir has sung at Greensboro Nursing Home and can be called on to perform in a smaller group for individuals at homes or living in residential care homes. They welcome invitations to participate in memorial services. You can hear them at CCCC on Saturday, March. Come enjoy the music and see the smiles on the residents' faces. And if you are interested in joining the choir, please phone Ellie Hayes at 456-1983

SUGAR ON SNOW!!

Please Join us for the Annual Sugar on Snow Event--**Saturday, April 2nd from 2:00 to 4:00 p.m.** It's a great opportunity to have fun joining in the Chinese raffle for baked goods, taking a chance on a handmade quilt or wall hanging and of course, enjoying that warm maple, chewy syrup on snow, with pickles and donuts. This event is another opportunity to support the work we do here at the Center!

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

4 Cs Volunteer Spotlight

Craftsbury Community Care Center

1784 East Craftsbury Road

Craftsbury, VT 05826

A DELIGHTFUL SUMMER WAS HAD BY ALL!

