

# 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*



*Residents ring in the New Year at annual New Year's Eve Party*

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-a-longs. Activities such as trivia, crossword puzzles, skit performances, and discussion groups keep minds sharp and alert. Bone Builders help both residents and neighboring folks 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 2<sup>nd</sup> 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 syrup on snow, with pickles and donuts included. I look forward to seeing you then.

## Letter from the President

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

Randi Calderwood



## Lyman Loves to Read Chamberlin

By Storm

Lyman Locke has been a resident at the Craftsbury Community Care Center for about seven 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.

*Storm Chamberlin is a Freshman at the Craftsbury Academy, who 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!*



## SPRING POTLUCK Sunday, MAY 15th @ 12:30

To Family and Friends of the Residents at the 4 Cs

Please join us to celebrate the longer, warmer days. We welcome all to pass. The Care Center will provide the meat, hot and cold drinks, and de forward to visiting together over a delicious meal. To let us know how m expect, please RSVP 586-2414 by May 1st. Please share this news with members. We look forward to seeing you!!



## **Pleasants Fund Makes "Art Across the Ages" Project Possible**

By Annie Gannon, Activities Director

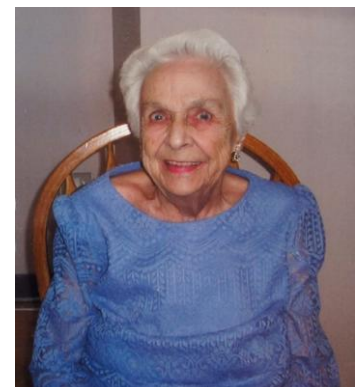
Wednesday mornings are a busy time around the Care Center, thanks to all the local talent coming through the door, as well as the East Hill Preschoolers who visit each week. The children traditionally have come to the Center once a month when Barb Strong hosts a story hour, but it seemed that the joy residents receive from time spent with the kids merited more time together.

Kristin Urie, a parent of an East Hill preschooler, suggested that we write a grant in attempts to enrich the lives of the residents and preschoolers. The idea was that both groups could get together and share some form of music, song, movement, and art. We took our idea to the Pleasants Fund and they heartily agreed to fund this project. The talent we see ranges from: a three week singing/songwriting project with Jon Gailmor, clay creations with Heather Stearns of Muddy Creek Pottery during three weeks in March, felting with wool led by Susie Houston of Maple Leaf Llamas, percussion and steel drumming for four weeks with Emily Lanxner, Director of the Jeudevine Music School, and a four week art workshop with Mimi Smith of G.R.A.C.E. The hope is that both the elders and children will benefit by sharing their talents with one another. Recently Jon Gailmor held a benefit concert at the East Hill Preschool and both the children and residents sang the original songs they wrote. It was a delight to see the children engage the residents in a setting outside of the Care Center and see true bonds forming through these intergenerational relationships.

With our sincerest gratitude, we thank the Board of the Pleasants Fund in Greensboro for funding this pilot project and bringing such diverse talent to the Care Center each Wednesday through the end of the children's school year. If you would like to know which artist is "in residence" at the moment, give us a call or drop by any Wednesday school is in session at 10:00am.

## **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 Hollowell 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 19th at 9:30 am. 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!!**

You are invited to our Annual Sugar on Snow Event--**Saturday, April 2<sup>nd</sup> from 2:00 to 4:00 p.m.** Come join in the Chinese raffle for baked goods, buy a chance on a lovely handmade quilt and wall hanging. Enjoy real Vermont warm maple syrup with the traditional fare of pickles and donuts. This special treat is a chance to support the work of the Craftsbury Community Care Center while having a wonderful time.

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Craftsbury Community Care Center, Inc. is a  
501(c)3 organization and Equal Housing  
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4 Cs Volunteer Spotlight

### **Craftsbury Community Care Center**

1784 East Craftsbury Road  
Craftsbury, VT 05826



Wednesdays with the Preschoolers:  
Generations of Joy!

