



www.craftsburycommunitycarecenter.org

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## Letter from the President

Dear Friends of the Care Center,

What amazing support we have from all of you in our community in so many ways! We have many volunteers who drive residents to appointments, help with activities, provide holiday decorations and fill in many unexpected gaps. Too many people to begin to name but invaluable to the Center’s wellbeing. In addition, you support us financially with your donations. So many of you increased your gift to the Annual Appeal this year and made it our most successful year ever.



This year we have two major projects underway, and progress is being made on both. The pandemic has exposed how necessary it is to improve the ventilation in the building. An interim solution was installed in the fall and has allowed for the exhausting of stale air with the goal of preventing the transmission of viruses, albeit with complaints of cold drafts, especially from residents. We have secured a grant for \$500,000 which is enormous, but does not cover the entire cost of the HVAC project. The design portion of this project is complete, and we are currently in the process of getting permits and bids. The other very large project is the kitchen renovation. It likewise is very costly but necessary. After 27 years, 7 days a week, 52 weeks a year, hard use, the equipment needs replacing before it fails and with improved energy efficient units that are appropriate for our current use. The number of meals that are prepared in the kitchen has increased with the growth of the Meals on Wheels program and the current refrigerator/freezer capacity is inadequate. The design is in the final stages, and we are actively pursuing grants and other sources of funding. Although these plans have been needed the past two years, COVID has delayed our ability to move forward. It is a very busy and exciting time at the Care Center.

We have another very exciting raffle this year which you will read more about later in the newsletter. It was made possible by our board member Joan Feffer’s husband Jed, an avid fly fisherman. He put together an amazing fly fishing package including tying the flies.

Thank you for all your support in many ways. We wouldn’t be the special residential care facility without you.

—Jane Marlin, President Board of Directors

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

Our mission is to provide a caring, homelike affordable residence for elders, in a setting that encourages independence, activities and involvement with families, friends and the larger community.

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# Fly Rod Raffle

Though Phil Pike’s beautiful boats have been the center of our major raffle for the past three years, we have changed direction for 2022.

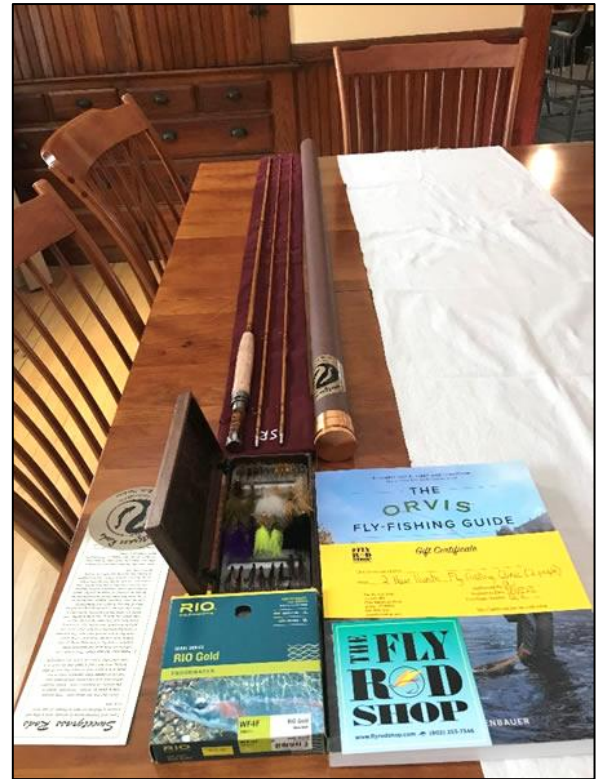
This year the Craftsbury Community Care Center will be raffling a wonderful fly fishing outfit. In keeping with the arrival of Vermont Trout Season, tickets will be on sale by April 9<sup>th</sup>. They will continue being sold until June 25<sup>th</sup> when we’ll have our drawing. The tickets are \$50.00 each and available from a Board Member or online at the Care Center’s website ([www.craftsburycommunitycarecenter.org](http://www.craftsburycommunitycarecenter.org)).

The centerpiece of this raffle is a 7’6” 4 weight bamboo rod by renowned rod maker Glenn Brackett. Glenn is considered one of the best bamboo rod makers in the world. He joined the well-respected Winston Rod Company in 1974, then left in 2007 to form his own company. His company, Sweetgrass Rods, is located in Butte, Montana. The rod he made for our raffle is perfect for medium and larger sized rivers. The bamboo is flamed a honey color, the guides are wrapped in brown silk and accented a dark red. It has a down-locking reel seat over a beautifully figured walnut reel spacer.

Along with the rod is an Orvis Mirage LT fly reel for 3-5 weight lines that is made in New Hampshire. This reel has received excellent reviews for its durable construction, smooth drag and ease of use. The reel will be filled with a new Rio Gold weight forward line made in Idaho Falls, Idaho. The rod is complimented by a walnut fly box crafted by the Wanigas Rod Company in Saginaw, Michigan, filled with flies handtied by an avid local fisherman. This outfit comes complete with Orvis’ new Fly Fishing Guide, and 2 hours of casting lessons for 2 at the Fly Rod Shop in Stowe, Vermont.

Come out and support the Craftsbury Care Center. Buy a ticket. It’s a great cause and you might be the lucky winner!

—Jed Feffer



Happy New Year!



New activities staff Michelle and Jen

## Staff Highlight: *A Tale of True Hearts*

Typically we highlight one staff member. This issue we're highlighting a team of staff who represent the best of who we are and what we do.

On a snowy February day, Care Center director Kim Roberge got a 7am call: there was no chef in the kitchen to cook breakfast! Not stopping to hear more, Kim jumped in her truck and began driving from Coventry. Arriving at 7:33 (let's not ask how she got there so fast) and expecting chaos, Kim instead walked in on a heartwarming scene:

Facilities manager Mitch was in the kitchen cracking eggs and PCA Lori and Resident Assistant Sandy were helping Dietary Aide Bonnie – all working together to create a worthy breakfast for their beloved residents. Even housekeeper Cathy took over Sandy's RA duties so Sandy could help in the kitchen. Mitch had been looking high and low for the bacon but Kim reassured him it was ok – on this day we'll have toast and fruit with the eggs.

Our staff have such big and true hearts and frequently rise to unexpected challenges. This is just one shining example: a stellar team who jumped into action and found a way to get it done. We love our staff heroes!

*If you're a health care hero and would like to join our exceptional team, give us a call ...*

—Penelope Doherty



Sandy, Bonnie, Mitch, and Cathy (not pictured: Lori)

## 4C's Covid Review

A few months ago, the Care Center's Board set up an Ad Hoc Committee to review the Care Center's response to the COVID pandemic. Members of the Committee interviewed staff members, residents, family members of current and former residents, and others in order to determine what the Care Center had done right, what the Care Center could have done better, and what lessons could be applied if another pandemic occurs.

Although the work of this Committee is not yet complete, the Committee's members believe that the successful operation of the Care Center during the pandemic was primarily due to three factors. First of all, the Care Center's staff did a fabulous job taking care of the residents under the enormous risks, restrictions and stresses caused by the pandemic. Staff members pulled together, and tirelessly worked long hours, with a dedication to the residents' care that is inspirational.

In addition, members of the local community provided vital emotional, logistical and financial support to the Care Center and its residents throughout the pandemic. For example, when the Care Center had to close its kitchen, the community came forward to provide healthy meals for the residents. Similarly, when the residents needed cheering up, the community repeatedly came forward with great outside entertainment and other forms of outreach to the residents. As one staff member told the Committee: "Whatever we asked for from the community, we got."

Finally, the residents and their families deserve much credit for the Care Center's successful operation during the pandemic. Faced with the stress and isolation caused by the pandemic, residents and their families stayed in touch by telephone and video calls, rallied together to support each other, and helped the Care Center in countless ways.

However, during the pandemic it also became clear that certain things in the Care Center's building needed improvement. The internet was slow at times, hampering the residents' use of video calls, and the HVAC system was antiquated. Moreover, the Care Center needed an isolated room where a resident could safely meet with family and friends when it was too cold for an outside meeting. Thankfully, the internet problems have been remedied, a visiting room has been built, and the HVAC system is in the process of being replaced.

—Geoffrey Bok



## Focus on Activities

As vaccination rates increase and guidance eases up in relation to resident interactions, the center is now able once more to offer residents a rich variety of programs, while still following masking and distancing recommendations, some being led by the activities staff and others by volunteers. A special group of volunteers are the cohort of athletes from Craftsbury Outdoor Center who come regularly, bringing youthful enthusiasm, as they lead physical activities like chair volleyball, balloon bop, kickball and word games, or recount tales of the distant places their rowing competitions and ski races are held. Another special volunteer, Deb Lawson, sets up various board or card games selected by residents for a weekly game day. Fielda Calderwood, who recently celebrated her 100<sup>th</sup> birthday, so enjoys bridge, which she learned a few years ago at CCCC, that she is now teaching some other residents the game. On another day resident Kelli hosts a group playing Mahjong. Visits from librarians from the Craftsbury and East Craftsbury libraries share books and conversations about some of the library treasures. Other regular activities are a Bible Study, Tai Chi and daily morning stretch sessions. In addition, the ever-popular musician visits have now resumed on a limited basis (singing requires masks).

Obviously, such a wealth of activities requires coordination with qualified staff to organize, supervise and, in many cases, lead them. The Center recently welcomed a new activities team. Michelle Prostler, Activities Director, just moved to the area, bringing years of experience as Activities Director at a Rehab Center in Washington State. She grew up near Albany, NY and has lived several places including Ecuador. She and her husband moved back to this area to be closer to her mother. Michelle said she is very impressed by the facility, the staff, the residents, and especially by the outstanding community support.

As we look to the future, Michelle will be joined by Jen Bushey, who is transitioning from her current job as a Personal Care Attendant to Activities Staff. Residents and staff alike are all looking forward to more ways to connect to the community with expanded activities.

—Jenny Stoner



Pictured L to R Outdoor Center volunteers Jack Reid, Margie Freed, Emily Froehlich, and Emily Delleman.



*E Hardwick 4-H Leslie, Dawson and Hadley carol to a full house after delivering wreaths 12.2021*



*Fun at the Valentine Social!*

## A Message from the Executive Director

It's that time of year where we look forward to longer daylight hours, warmer weather and as much sunshine as possible. It's also the time of year when two years ago, the road to life as we knew it took a significant turn. It has certainly been a long, muddy and bumpy road for all, especially those in long term care facilities. While life for us has not returned to what was normal, it certainly has been slowly moving in the right direction.

With reminders for safe practices and Covid testing as needed/required, residents have been enjoying visits from family and friends in their rooms and going out for appointments, shopping or to their family's home. Activities continue to slowly return to what they once were with gradual introduction of outside volunteers who are willing to mask, work within the distancing guidance and follow other guidelines we may have at that time.

The Care Center continues weekly testing of staff and staff are still wearing masks and protective eye-wear. Especially since the pandemic, as with most healthcare facilities, the Care Center is dealing with staffing shortages. There is such a need in every job category - and the competitiveness to keep or hire staff makes it even more difficult. I so appreciate and admire the dedication, compassion, and care that our current staff provide for all those who reside at the Care Center. Anyone interested in becoming a part of such a dedicated team please give us a call so we can match your talents with any of our employment opportunities.

Everyone at the Care Center looks forward to greener pastures, smoother sailing, and lots of community interaction in what we hope to be the very near future. Thank you to everyone who continues to support us in so many ways.

—Kimberly Roberge

## Resident Highlight: Eva Church

Eva Church lives by the principle that "It is important to do the right thing" learned at an early age from her teachers. Eva moved from Austin, Texas to the Craftsbury Community Care Center four years ago.

She was born in Claremorris, County Mayo, in the west of Ireland where she grew up on her father's farm. At 18, she left Ireland and traveled to London to study nursing at St. John and St. Elizabeth Hospital and became a nurse in the emergency room. She met her future husband, Arnold, there, who at the time was a London Bobby, as British police officers were known. Eva and Arnold moved to Canada where Eva worked as a nurse in Edmonton and then in Saskatchewan where Eva loved working with the indigenous populations. Eva returned to England to have their first child, Shauna, returning to New York/New Jersey to join Arnold in a new job, and where children, John and Penelope, were born. Then on to Houston, Texas, where Eva was a homemaker for a few years; wanting to get back into nursing, she took a position at St. Joseph's Medical Center and then moved to a pediatric clinic.

Later, with Arnold working in Saudi Arabia, Eva followed her children to Austin, Texas where she earned a degree in Health Administration. She became an ombudsman for elder care facilities for the State of Texas, then an elder advocate and expert in Alzheimer's support, creating and leading several elder service agencies. At 83, Eva retired and her long career in nursing and public health came to an end. Over those years, Eva also traveled to many countries and made many friends. With the help of her daughter, Penelope, Eva moved to the 4Cs.

Eva loves the people here, and enjoys the trees, clean air, the gardens and flowers, walking on the new walking path and the many activities in which residents participate. And the breakfasts – Eva loves the breakfasts!



—Rob Dewees



*Happy 100th Birthday Fielda!*

## Board of Directors:

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- Geoffrey Bok, Vice President
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- Kristin Urie
- Anne Cassidy, honorary member
- Janet Long, honorary member
- Michelle Warren, Newsletter Assist.

## Executive Director:

Kimberly Roberge

