

HOLTON HOME • BRADLEY HOUSE

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Staff

Bradley House

Cindy Jerome, *Executive Director*

Holton Home

Debra Abel, *Site Director*
Carol Bengston, *LNA*
Tim Cavanaugh, *Activities Director*
Karen Coger, *LNA*
Heather Corey, *Senior LNA*
Catheryn Dix, *RA, Housekeeper*
Steve Foresteire, *Chef Manager*
Kimona Hall, *LNA, Per Diem*
Lisa Holabird, *RN, RCA*
Tammy Kemp, *LNA*
Warren Kimberly, *Cook*
Ed Kowalski, *Maintenance Director*
Michelle Lucy, *LPN*
Autumn MacAuliffe, *RA, Per Diem*
Darlene Perkins, *LNA*
Rae Ann Pinault, *Executive Assistant*
Kellie Poplawski, *RA*
Darrell Slayton, *RA*
Mauricia Villines, *LNA*

Félicité Adjoua, *RA, Per Diem*
Morgan Aldrich, *LNA*
Alicia Bebey, *LNA*
Susie Belleci, *Activities, Per Diem*
Nancy Bonneau, *LNA*
Pam Boyd, *Cook*
Chris Clark, *Maintenance Director*
Carie-Ann Davis, *Housekeeper*
Julie Emery, *RA, Per Diem*
Amy Hall, *RA, Per Diem*
Kimona Hall, *LNA, Per Diem*
Imelda Haloho, *LNA*
Ruth Kibby, *LNA, Per Diem*
Carol Killay, *RA*
Lynn Miner, *LNA*
Shirley Morrill, *Housekeeper*
Kelly Morse, *RA*
Wendy Parent, *LNA*
Karen Penson, *LNA*
Terry Reinertson, *RN, RCA*
Carly Reitsma, *Gardener*
Kree Rinfret, *Executive Assistant*
Chelsea Saber, *RA*
Emma Sheldon, *Site Director*
Ellenka Wasung-Lott, *Activities Director*
Brionna Williams, *RA*

Eileen Ogden, *Resident Care RN*
(for Bradley House and Holton Home)



Board of Directors

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Vern Grubinger
Allan Hansell
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March Birthdays

Holton Home resident birthdays include:

- ◆ Marjorie on the 11th
- ◆ Wendy on the 20th
- ◆ Kay on the 24th

Bradley House resident birthdays include:

- ◆ Dody on the 7th
- ◆ Florence on the 19th

Around the Halls of Holton Home

For the last few years, Holton Home has had the privilege of creating wonderful Easter Baskets for some of the homeless children in our area. So many of our residents have a long history of giving back to their communities, and I want our residents to be able to continue to do so when they move to Holton Home.

We have raised money from our iconic lemonade stands for this very cause. We start ahead of time making decorations for the baskets, and spend the days leading up to Easter filling eggs with candy (we save some for our house-wide egg hunt here)! We put all sorts of useful and fun things in about 10-12 baskets, then deliver them to the Groundworks Shelter as well as the Women's Freedom Center.

I know that the residents get a great deal of joy from knowing we are helping make kids smile Easter morning. We would love any donations you might have or like to give for the kids! Please call 802-244-4155 or email ellenka@holtonhome.org.

Enjoy your month - spring is coming!

Ellenka Wasung-Lott, Act. Director Holton Home



Craft Time at Bradley House with Natalie and Jackson



Florence, Dody, Janet, Winnie, Debra, and Rae Ann spent some creative time painting small terra cotta watering can planters with Natalie and Jackson, the grandchildren of Darlene Perkins, who is an LNA at Bradley House. Natalie is 9 years old and Jackson is 12, and both attend Wardsboro Elementary School. The pair have participated in other activities at Bradley House in the past, as well. When asked what they like about coming here, Natalie told us, "It's fun to see all the people and to see how big Bradley House is!" Her brother Jackson said he "feels the urge to hang out with these guys."

Both are quite fond of art projects and told us that they liked this project the best so far. Jackson enthusiastically encouraged everyone to put whatever came to mind on the "canvas," stating that their imagination is limitless. After painting the watering cans in lovely spring colors, they placed soil and seeds inside, and each participant wrote their initials on the bottom of their masterpieces. Now they will water them, place them in a window, and wait for their nasturtium and marigold plants to appear.

Tammy Kemp is Bradley House's



Brionna Williams is Holton Home's



A little bit about Tammy:

Tammy has 28 years of experience in elder care. She worked with handicapped adults for 10 years and is trained in signing (sign language), and takes classes every year to keep up with the latest techniques in elder care. Her work ethic is strong and she does her work with confidence and accuracy.

Here are a few things her colleagues and our residents say about her:

- Tammy is one of my best friends here. I can talk to her about lots of things.
- She gets it.
- Great sense of humor. Tammy has a no-nonsense style.
- She can do anything. She is very strong!

What our residents have to say about Brionna:

- Helped me when I had the flu and wasn't afraid
- Very open talking about what she know without ego
- Interested in a lot of things
- She's always so cheerful
- You look forward to having her come into your room
- Very, very cooperative
- Pep and vitality
- She's so present
- Beautiful Brionna
- Her hair-dos put the rest of us to shame



We've been using the beautiful new Dining Room for several weeks and the consensus is, "The same food tastes better in here!"

Bradley House Revival

New rooms in the addition are available! Each has:

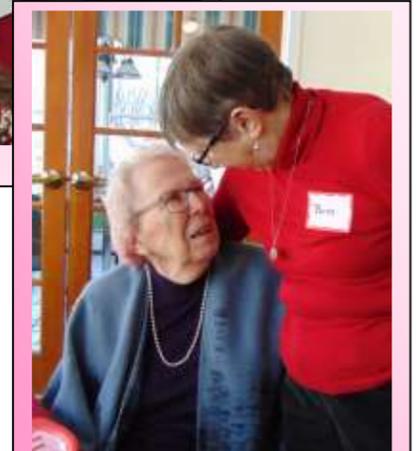
- A private, accessible bath featuring a step-in shower with a fold down, padded seat
- Lots of storage including a large closet and built in shelving in your room and bathroom
- Your own thermostat for heat just the way you like it
- Some rooms have views of the Connecticut River and Mount Wantastiquet

We also have a two-room suite available! It offers a separate living room and bedroom with two closets and an extra-large bathroom.

Call Debra for pricing and a tour at 254-5524, ext. 2.

Love was in the air at Holton Home!

Our annual Valentine's Tea, hosted by our amazing Visiting Committee, was a great success. With lots of sweet treats, and plenty of tea, we couldn't help but have a wonderful time! ♥♥♥



Health Corner

March is National Nutrition month and we have decided to discuss the loss of taste and smell as we age in this month's issue.

As we age, our olfactory function declines; this is the ability to smell and taste. There are numerous reasons why this occurs such as allergies, past upper respiratory infections, and medications that many of us need to take daily. Decreased smell and taste result in appetite suppression which leads to weight loss, malnutrition and impaired immunity just to mention a few things.

Taste and smell aid in the enjoyment of food and become less sharp with aging. While the number of our taste buds remains unchanged, the reduced flow of saliva may lead to diminished taste. The sense of smell declines rapidly in our 50s. By the time we reach our 80s, smell detection is almost 50% less than it was in our younger years.

As these senses become blunted, food flavors and scents may become less appetizing as we age. One way to make sure you eat enough and still enjoy what you eat, is by adding spices to increase the flavor of your food.

Reference: Professor Chris Bulpitt.

Eileen Ogden, RN

