

HOLTON HOME • BRADLEY HOUSE

N•E•W•S•L•E•T•T•E•R

158 Western Avenue, Brattleboro, Vermont 05301 • (802) 254-4155 • e-mail: info@holtonhome.org • www.holtonhome.org
65 Harris Avenue, Brattleboro, Vermont 05301 • (802) 254-5524 • email: info@BradleyHouseVT.org • www.bradleyhousevt.org

Bradley House

Debra Abel, *Site Director*
Carol Bengston, *LNA*
Tim Cavanaugh, *Activities Director*
Heather Corey, *Senior LNA*
Cathryn Dix, *RA, Housekeeper*
Steve Foresteire, *Chef Manager*
Kimona Hall, *LNA, Per Diem*
Ed Kowalski, *Maintenance Director*
Michelle Lucy, *LPN*
Autumn MacAuliffe, *RA, Per Diem*
Eileen Ogden, *RN, RCA*
Darlene Perkins, *LNA*
Kellie Poplawski, *RA*
Darrell Slayton, *RA*
Mauricia Villines, *LNA*

Staff

Holton Home

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*
Kurt Desrosiers, *Chef Manager*
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 Per Diem*
Emma Sheldon, *Site Director*
Ellenka Wasung-Lott, *Activities Director*
Brionna Williams, *RA*

Board of Directors

Jill Brehm, *Visiting Committee*
Cathy Coonan
Vern Grubinger
Allan Hansell
Prudence MacKinney
Lee Madden, *Treasurer*
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Joe Meyer
Cathy Osman
Andy Reichsman, *Vice President*
Linda Rice, *APRN*
JoAnne Rogers
Ted Vogt, *President*
Andrew Walker

June Birthdays

Holton Home resident birthdays include:

◆ Glennis on the 14th

There are no June resident birthdays for Bradley House.

Around the Halls of Holton Home

I would like to take a moment to thank the angels among us here at Holton Home. I feel beyond privileged to work with such wonderful people. To be able to spend the better part of my days with folks who go the extra mile for one another is amazing.

We all; residents, staff, volunteers and visitors alike go out of our way to make the lives of each other easier and more meaningful, and in a troubled period in our world's history, it feels so important to make each moment count as much as we can. As we all are very well aware, we are only guaranteed the present and the extra smiles, the kindness, the knowledge of what makes each other happy and feel joy is what matters.

Taking a few extra moments to be grateful for where we are and what we have makes everything better. So thank you to everyone for making Holton Home the magical place it is, a place where we can inspire each other to see the beauty in the moment.

Ellenka Wasung-Lott
Activities Director





We are looking for a volunteer to call BINGO on the weekends. It can be Saturday or Sunday – most times will work.

Also, if anyone has experience with tie-dying and would like to help with an activity this summer, or if anyone is interesting in joining us, we would love to have you!

Please contact Ellenka at 802-254-4155 or ellenka@holtonhome.org.



5 Steps to Everyday HEALTH AND WELLNESS

These days, you may feel overwhelmed with all the health information available to you. However, there are really only a few basic tips to keep in mind for your optimal health. Follow these five simple suggestions to get started on your way to living a happy and healthy life!

- 1. Eat healthy.** A healthy diet can protect you from heart disease, bone loss, Type 2 diabetes, high blood pressure and some cancers, such as colorectal cancer. Making small changes in your eating habits can make a big difference in your life.
- 2. Exercise regularly.** Exercise can help control your blood pressure, blood sugar and weight, raise your “good” cholesterol, and prevent diseases, such as colorectal cancer, heart disease and Type 2 diabetes. Aim to get at least 150 minutes of moderate-intensity aerobic activity (briskly walking) or 75 minutes of vigorous-intensity aerobic activity (running) and at least two days of strength training every week.
- 3. Watch your weight.** Achieving and maintaining a healthy weight is important to your overall health. Being overweight can lead to serious health problems, affecting both your well-being and health care costs.
- 4. Manage your stress.** It’s important to manage stress in order to sleep better, improve concentration, get along better with family and friends, lessen neck and back pain, and have an overall feeling of calmness.
- 5. Avoid tobacco and limit alcohol consumption.** Alcohol and tobacco use are linked to an increased chance of developing chronic conditions. Quitting or refraining from smoking and limiting or avoiding alcohol consumption are the best ways to combat such risks.

Please speak with your doctor if you have questions about other steps you can take to improve your health.



Holton Home’s annual **Yard Sale** is being held **Saturday, July 28th** from **9am to 2pm.**

Swing by and check out our assortment of fun, eclectic items and furniture! All proceeds benefit our residents.

Farewell from Cindy Jerome



In May I celebrated 19 years as Director of Holton Home. So much has changed during that time but what is consistent is the excellent care that residents of both Holton Home and Bradley House receive.

I am running for a seat in the Vermont House of Representatives and so have resigned my position as Executive Director of Garden Path Elder Living. Our Board of Directors has asked me to stay on as a part-time consultant, continuing to oversee the Bradley House Revival project, its capital campaign, and marketing and development work for the Homes. I am pleased to be able to continue to contribute to Garden Path, seeing through the important work of the Revival while campaigning for office.

My thanks to you all, and my fondest wishes for the continuing success of the Homes, both of which play such an important role in our community.

Cindy Jerome

Do You Know Someone...

Do you have a friend or loved one who would benefit if someone else took care of those daily details? And would enjoy meeting new friends and caregivers? We are accepting applications for both respite care and long-term stays. For more information, call Emma at Holton Home, 802-254-4155 and Debra at Bradley House, 802-254-5524.