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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

Morgan Aldrich is Holton Home's



Heather Corey is Bradley House's



What does she love most about her job?

"The people!"

Things our residents say about Morgan:

- Such a delightful person, she is calm and competent
- She is patient and loving
- She's always aware of what is needed before asking
- She's an angel, precious, down to earth, always right there
- I think she's terrific, she's very friendly
- I'm always impressed with her
- Wonderful perspective on the world
- She's one of the most wonderful caretakers
- I have, especially for showers

What she loves about her job the most:

"Of course the residents!"

Things our residents love about Heather:

- She is the soul of motherhood and a great humorist.
- Her singing "You are my sunshine, my only sunshine you make me happy each night and day..."
- She is part of the "A" team; you can always count on her.
- She is a lovely person.
- Heather is a loyal aide and I am amazed at how she has the ability to be pleasant no matter what.

Staff

Bradley House

Cindy Jerome, *Executive Director*

Holton Home

Elizabeth Acquaviva, *Site Director*
Carol Bengston, *LNA*
Tim Cavanaugh, *Activities Director*
Karen Coger, *LNA*
Marlaina Collins, *RA*
Heather Corey, *Senior LNA*
Heather Cutler, *LNA*
Catheryn Dix, *RA, Housekeeper*
Steve Foresteire, *Chef Manager*
Jean Gilbeau, *RA*
Lisa Holabird, *RN, RCA*
Tammy Kemp, *LNA*
Warren Kimberly, *Cook*
Ed Kowalski, *Maintenance Director*
Michelle Lucy, *LPN*
Darlene Perkins, *LNA*
Stephanie Pike, *RA*
Rae Ann Pinault, *Executive Assistant*
Kellie Poplawski, *RA*
Terran Sadowski, *LNA*
Elizah Temple, *RN*
Jessica Wenig, *RA*
Melissa Wood, *RA*

Félicité Adjoua, *RA, Per Diem*
Morgan Aldrich, *LNA*
Alicia Bebey, *LNA*
Susie Belleci, *Activities Assistant*
Nancy Bonneau, *LNA*
Pam Boyd, *Cook*
Chris Clark, *Maintenance Director*
Carie-Ann Davis, *Housekeeper*
Julie Emery, *RA, Per Diem*
Amy Hall, *RA, Per Diem*
Imelda Haloho, *LNA*
Linda Hastings, *RN, RCA, Per Diem*
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*

Board of Directors

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

Birthdays

Holton Home residents celebrating birthdays in September include:

- ◆ Marie on the 11th
- ◆ Cynthia on the 19th

Bradley House residents celebrating birthdays in September include:

- ◆ Elwood on the 30th



Holton Home and Bradley House residents celebrate Independence Day together by riding in the parade.

Note our beautiful banner, showing the sister homes together!

Bradley House resident Dody Waring recently turned 90-years-old. Her family organized a memorable weekend of events to celebrate this milestone. Dody gave each family member a copy of The Span of Life, a compilation of her poetry. Included was this poem.



Barvel Pond

I love it here, my cabin by the lake.
Quiet, away from city noises and stress.
I come all seasons to experience Barvel, in its different dress.

All Spring the bird song deafens, and peepers delight me.
By dusk only the veery, and the insect drone.
Summer, bull frogs garrumph round the shore.
Not as many this year, in fact, only four.
Is the air pollution killing them, soon there will be no more?
Owls, loons, beaver and otters go about their business and
Keep me company, so I am never alone.

Fall, the earth holds its breath.
The insect drone is gone.
Dark comes by seven, swims by noon
Loons flock, fifteen seen together
Before they leave for the south.
To flock in coastal water

Winter, I walk on two feet of ice.
Amazed at the sand like pattern of snow.
Resounding boom of ice shift, check on the cracks
Walk on the beaver houses, and see they are below
By the frost rimmed air hole.

My, but it is bitter cold
Out on the lake, where the ice fishing takes place.
We had to retreat to the woods
And the welcome wood stove warmth at home.

Theodora E. Waring

In loving memory

Will Sheehan

Myrtle Sprague

Residents of Holton Home

SAVE THE DATE

What: Flu Shot Clinic

When: October 10th

Where: Bradley House 9am-11am

Holton Home 1pm-3pm

Who: Residents, staff, and open to the public

Cost: Covered by Medicare and some other carriers

No insurance: \$25 fee

Provided by: Visiting Nurse and Hospice for Vermont and New Hampshire (VNH)

If you would like to help us save a tree,



please call 802-254-4155 or email kree@holtonhome.org to request your newsletter via email.

Paying Attention to Fraud

It seems like the more we can do with technology, the more we need to pay attention. If you have ever been a victim of fraud or a scam you know what it took to set everything right again. What can you do to protect yourself from fraud?

Pay very close attention to who is contacting you. Is it someone you know? Do they normally contact you at this time of day? Do they normally send you a text, email or do they call? Only answer if you are positive you know who it is.

Pay very close attention to how you are being contacted. Is there a pause when you answer the phone? Does it make sense? Is the person promising something or threatening you that if you do not respond you will go to jail? Are they asking for very personal and private information such as your social security number or bank account number?

When in doubt, check it out! If you did not enter a contest to win, you probably did not win anything. If you have any doubts about someone contacting you, NEVER give out information. You can ask for information to see if the caller is legitimate. Ask for their full name or for a phone number so you can call them back. If they hang up or insist they will call you back, then you know you cannot trust them.

Technology has made it harder to detect fraud and scams. The scammer is hiding behind the scenes. You can't see that they "look" suspicious by their hair, dress or body language. Read before you click or better yet, do not click at all. Delete suspicious emails without opening them. Phone numbers on your Caller ID may look like a local number but not be.

Be comfortable with reporting fraud or scams. If it is mail fraud you can contact your local post office. To reduce telephone fraud or scams you can register with the Do Not Call List at www.donotcall.gov or call 888-382-1222. Email scams can be reported to the Federal Trade Commission at www.ftccomplaintassistant.gov. Vermont has a designated consumer protection agency line you can call for reporting or advice: 800-649-2424.

Around the Halls of Holton Home

Each month we spend an hour or so reading poetry. There is usually a theme for poetry afternoons; for love we read Pablo Neruda with a resident reading the poem in Spanish first, for spring, poems with beautiful images of flowers and rebirth. For summer, just recently, we read this poem that we all loved. It is always wonderful to look for the small miracles in the day to day. While there are so many things in the world right now that are beyond our control, it is good to be reminded, especially with Walt Whitman's gift for language, to notice and be grateful for all of life's miracles.

Ellenka Wasung-Lott, Activities Director

Miracles

Why, who makes much of a miracle?
As to me I know of nothing else but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses toward the sky,
Or wade with naked feet along the beach just in the edge of the water,
Or stand under trees in the woods,
Or talk by day with any one I love, or sleep in the bed at night with any one I love,
Or sit at table at dinner with the rest,
Or look at strangers opposite me riding in the car,
Or watch honey-bees busy around the hive of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of insects in the air,
Or the wonderfulness of the sundown, or of stars shining so quiet and bright,
Or the exquisite delicate thin curve of the new moon in spring;
These with the rest, one and all, are to me miracles,
The whole referring, yet each distinct and in its place.

To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same.

To me the sea is a continual miracle,
The fishes that swim—the rocks—the motion of the waves—the ships with men in them,
What stranger miracles are there?

Walt Whitman

Words of Wisdom from a Resident

You draw into your life what you think and what you thank.
Wayne London