



HOLTON HOME

N · E · W · S · L · E · T · T · E · R

158 Western Avenue, Brattleboro, Vermont 05301 • (802) 254-4155 • fax: (802) 254-1349 • e-mail: holton@sover.net • www.holtonhome.org

WELCOME

We've welcomed a remarkable number of new residents over recent months.

Suzanne Woodcock joined us in September. She has an unusual talent – making cut and pierced lamp shades. She has volunteered to make two for our Parlor! Suzanne appreciates beauty, and believes it is found all around us. We agree and can tell you that she adds beauty to Holton Home every day.

Welcome, Suzanne!

We have tropical storm Irene to thank for Arabelle Dix joining us. She was a victim of the flooding at Melrose Terrace and joined us a few weeks later. Arabelle has a wonderful smile. We've been seeing a lot of that smile at the new weekly ceramics class!

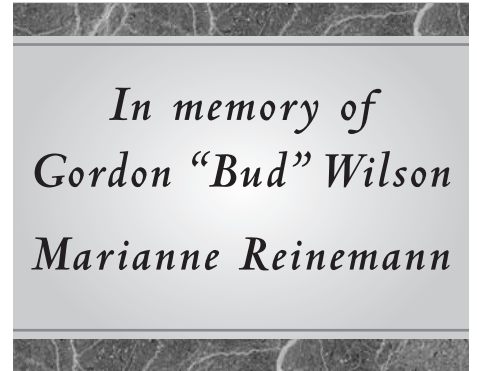
Welcome, Arabelle!

Beverly Mackin was another victim of the flooding at Melrose Terrace. She had been eager to come to a place like Holton Home for some time, preferring the company and activity she finds here to living alone. Bev is chipper and fun and tells great stories. Welcome, Bev!

Ethel Brosnahan hasn't been with us for two months yet but it

seems as though she's an old hand. She's the first to welcome newcomers and offer assistance getting to the dining room and activities. Ethel's what we fondly call a hoot and a spitfire. She keeps us laughing and brings energy to every day. Welcome, Ethel!

Jackie Bash, who joined us in early October, had an unusual career. She was a spy for the CIA! In addition to being stationed in the Far East while spying on the Russians, she has traveled around the world several times. Recently, she gave a fascinating presentation of slides and memories from Japan. She's also loaned us some of her extensive Asian art collection, to display at the Home. Welcome, Jackie!



*In memory of
Gordon "Bud" Wilson
Marianne Reinemann*

BIRTHDAYS

TRY AS WE MIGHT, we have no resident birthdays to celebrate in December! We do, however, have Henry Wilson's birthday to celebrate. The son of Ellenka, our Activities Director, Henry was born on New Year's Eve and will be turning two years old this year!

WIRELESS INTERNET

RESIDENTS AND GUESTS alike are excited to know that there's now a wireless internet access point at the Home. It is based on the second floor of the addition, opposite the hair salon, but it serves much of the back half of the building. To ensure the security of private information in Holton Home's network, there is no connection between this new internet access and the Holton Home network.

A simple password is necessary to get on the system; it is posted at the nurse's station and any staff member can give it to you. We do not have an IT support person on site who can trouble shoot problems but hope that this foray into the brave new world of wireless access will be a bonus for the greater Holton Home family!

DRIVING: IS IT TIME TO STOP?

ONE OF THE HOT TOPICS at Dartmouth's recent annual conference on dementia was how to know it's time to stop driving. With age comes decreased visual acuity and slowed reaction time. Prescription medications can affect driving ability. Decreased range of motion in the neck and torso can prevent a proper survey of traffic at intersections and when merging.

Older drivers are a small percentage of those behind the

wheel but they are responsible for far more than their share of accidents including fatalities of other drivers and pedestrians. Research shows that the risk begins to rise around age 65. And if that doesn't give you pause, consider this: Arizona recently passed a law making an elder's family members liable if their loved one refuses to stop driving and an accident ensues!

Let's start with prevention. Talk with your loved one long before their driving becomes an

"Research shows that the risk begins to rise around age 65."

issue. Discuss the fact that the day will come when driving is no longer prudent or safe. Ask that they decide now who they trust to tell them that time has come. They needn't pick the family's "nervous Nellie." Perhaps the doctor or the dispassionate son-in-law.

Concerned that you may be past the time for such a conversation? Here are some driving behaviors to look for that are signs it's time to give up the keys.

- ◆ Difficulty staying in the lane of traffic
- ◆ Trouble judging gaps in traffic
- ◆ Getting lost
- ◆ "Close calls"
- ◆ Hard to turn to see over your shoulder
- ◆ Moving too slowly on the highway
- ◆ Reacting too slowly
- ◆ Being inattentive or easily distracted
- ◆ Being honked at by other drivers
- ◆ Missing traffic signs or signals
- ◆ Not knowing what those signs and signals mean
- ◆ Upsetting passengers
- ◆ Riding the brake
- ◆ Difficulty parking
- ◆ Hitting curbs
- ◆ Scrapes or dents on the car, mailbox or garage

Thanks to Valori Petrin, OTR, for this information.

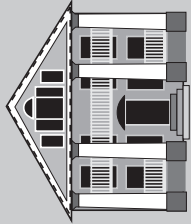
WHAT'S HAPPENING

HOLTON HOME has the pleasure of offering Bonnie Stearn's Creating with Clay workshop for four weeks this fall. Bonnie has extensive experience teaching the joys of ceramics with all ages and came to us full of wonderful ideas for projects, each one building on the residents' growing familiarity with clay.

Under Bonnie's expert tutelage the residents made ingenious leaf bowls in their first class, imprinting the clay with the year's last green leaves, while the October snow still lay thick on the ground. We spent the second class creating a menagerie of wonderful ornaments. Armed with more cookie cutters than you could imagine, we created giraffes, stars etched in laces, trains, kitties, and acorns. We added smiles and hearts to teddy bears and kissy lips to an octopus! We plan to make little pinch pot planters and essential oil room diffusers next and will spend the last class adding color to our creations with slips and glazes.

Working with clay has long been documented to be beneficial for all ages. Aside from utilizing hand-eye coordination and encouraging right brain thinking, it allows our residents to engage their creativity and make their own decisions about what they would like to create. I know they all feel a great sense of pride when they see what they created during the day, but I really can't wait to see how proud they are of themselves when they see their final pieces beautifully glazed! Their work will be on display here at Holton Home during the Annual Friends and Family Holiday Party December 16th. I for one would love to show them off to you all!

—Ellenka Wasung-Lott



DECEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00 Elf 3:00 Rummikub 6:00 To Kill a Mockingbird	10:00 Current Events 10:45 Exercises 1:00 Resident Council 1:00 Yahtzee 2:30 Bingo 6:00 North County Line Dancers LEAVE A SHOE OUTSIDE YOUR DOOR FOR ST. NICOLAS DAY!	10:00 Reading Circle 11:15 Catholic Communion Service 1:00 Bible Study 2:30 Yoga 6:00 Santa Claus: A&E Biography	9:00-11:00 Painting Class 11:00 Holton Home Chorus 1:30 Exercises 3:00 Brain Exercises 6:15 Library Talk: The Civil War in the Civil Rights Era ERRAND DAY	8:00 Hairdresser Is In 10:30 Creating with Clay 1:30 String Popcorn 3:30 Make Gingerbread Holton Home & Eat Gingerbread People	10:00 Tree Trimming Party with Companions from Hilltop Montessori 1:00 Crochet with Jane 3:30 Pianist Adam Bergeron Performs 6:00 Reading Group: Women of the Bible	10:00 Scrabble 1:00 Bonneville 3:00 Dominos
1:00 Elf 3:00 Rummikub 6:00 To Kill a Mockingbird	10:00 Current Events 10:45 Exercises 1:00 Resident Council 1:00 Yahtzee 2:30 Bingo 6:00 North County Line Dancers LEAVE A SHOE OUTSIDE YOUR DOOR FOR ST. NICOLAS DAY!	10:00 Reading Circle 11:15 Catholic Communion Service 1:00 Bible Study 2:30 Yoga 6:00 Santa Claus: A&E Biography	9:00-11:00 Painting Class 11:00 Holton Home Chorus 1:30 Exercises 3:00 Brain Exercises 6:15 Library Talk: The Civil War in the Civil Rights Era ERRAND DAY	8:00 Hairdresser Is In 10:30 Creating with Clay 1:30 String Popcorn 3:30 Make Gingerbread Holton Home & Eat Gingerbread People	10:00 Tree Trimming Party with Companions from Hilltop Montessori 1:00 Crochet with Jane 3:30 Pianist Adam Bergeron Performs 6:00 Reading Group: Women of the Bible	10:00 Scrabble 1:00 The Bishops Wife 3:00 Rummikub 6:00 Storytelling with Linda Puzan
1:00 How the Grinch Stole Christmas 3:00 Skip Bo 3:30 New England Bell Ringers Concert 6:00 Holiday Inn	10:45 Exercises 1:15 Bingo 2:30 Dominos 3:30 Current Events 6:00 Holiday Lights Drive	10:00 Reading Circle Christmas Movie 1:00 Bible Study 1:30 Holiday Party with Neighborhood Schoolhouse 3:30 Yoga 6:00 Christmas Unwrapped	9:00-11:00 Painting Class 11:00 Holton Home Chorus 2:00 Scrabble 3:30 Exercises 6:00 Ken & Cal Sing ERRAND DAY	8:00 Hairdresser Is In 9:45 Yoga 11:30 Lunch and Shopping at Kringle Candles 2:30 Popcorn and Seven Brides for Seven Brothers	10:00 Companions from Hilltop Montessori 1:00 Crochet with Jane 3:00 Friends & Family Holiday Party 6:00 Reading Group: Women of the Bible	10:00 Scrabble 1:00 Little Women 3:00 Skip Bo
10:00 Exodus 2:00 NEYT's A Christmas Carol 3:00 Dominos 6:00 Christmas in Connecticut	10:00 Current Events 10:45 Exercises 1:00 Trip to Shirley Squires' Nativities 1:15 Bingo 2:30 Rummikub	10:00 Reading Circle 11:15 Catholic Communion Service 1:00 Bible Study 2:00 Michael Fleming plays the Mountain Dulcimer 6:30 Israel: Birth of a Nation	9:00-11:00 Painting Class 11:00 Holton Home Chorus 1:30 Exercises 3:00 Un-Birthday Party 4:00 Hanukkah Celebration with Marty Cohen 6:15 American Legion Concert at the Legion	8:00 Podiatrist Is In 8:00 Hairdresser Is In 9:45 Yoga 1:15 Decorate and Eat Holiday Cookies 3:00 Church Service 5:45 Barbara Benoit's Piano Recital	10:00 Santa Comes 1:00 Crochet with Jane 2:30 Holiday Cocktail Party with Readings & Games 6:00 Reading Group: Women of the Bible	10:00 Scrabble 1:00 White Christmas 3:00 Skip Bo 6:00 The Nutcracker
1:00 Miracle on 34 th Street 3:00 Rummikub 6:00 It's a Wonderful Life	10:00 Current Events 10:45 Exercises 1:15 Bingo 2:30 Skip Bo	10:00 Reading Circle 11:15 Bingo 1:00 Bible Study 2:30 Yoga 6:30 Journey of a Lifetime	9:00-11:00 Painting Class 11:00 Holton Home Chorus 1:30 Exercises 3:30 Brain Exercises 6:00 Bundle Up and Stargaze at Hogback ERRAND DAY	8:00 Hairdresser Is In 10:30 Yoga 1:45 Sleigh Ride 2:30 Fresh Fruit Salad 3:00 Scrabble	10:00 Current Events 10:45 Exercises 1:00 Crochet with Jane 2:15 Pre-New Year's Eve Party 6:00 Reading Group: Women of the Bible	10:00 Scrabble 1:00 Meet Me in St. Louis 3:00 Dominos 6:00 Storytelling with Linda Puzan

CHUCKLE CORNER

Joe and his wife ran into Stan at the post office. "Hey, how've you been?" asked Stan.

"Just great," was the reply. "I'd been having some memory problems but they fixed me right up."

"Who's that?" asked Stan.

"Oh, that memory clinic. They taught me all these nifty ways to remember things."

"That sounds great," said Stan. "I could probably use that place. What's it called?"

"Hmmm," was the answer.

"Now let me think. What's that flower with the pricker things?"

"Do you mean a rose?"

"Yes!" said Joe, turning toward his wife. "Hey, Rose, what's the name of that clinic?"

Staff

Deborah Ayer, *Administrative Assistant*
Julie Ball, *Activities Assistant*
Nancy Bonneau, *Licensed Nursing Assistant*
Pam Boyd, *Cook*
Chris Clark, *Maintenance Director*
Cindy Downs, *Licensed Nursing Assistant*
Else Devoid, *Art Instructor*
Rose Gerry, *Licensed Nursing Assistant*
Joshua Hart, *Chef/Manager*
Jessica Harvey, *Licensed Nursing Assistant*
Linda Hastings, RN, *Resident Care Administrator*
Cindy Jerome, M.A., *Administrator*
Carol Killay, *Resident Assistant*
Robin Lindsell, *Licensed Nursing Assistant*
Lynn Miner, *Licensed Nursing Assistant*
Shirley Morrill, *Housekeeper*
Kelly Morse, *Resident Assistant*
Wendy Parent, *Senior Licensed Nursing Assistant*
Karen Penson, *Licensed Nursing Assistant*
Cheryl Richards, M.A., *Social Worker*
Ashley Rose, *Housekeeper*
Lisa Everett Vose, *Licensed Nursing Assistant*
Ellenka Wasung-Lott, *Activities Director*

Board of Directors

Peter Carvell, *Vice President*
Kelli Crego, *President*
Joy Everett, *Secretary*
Susan LaBarre
Tom Martyn, *Treasurer*
Leslie Morey
Tammy Morse
Dorothy Rice, *Visiting Committee*
Linda Rice
Mary Scott
Tim Shafer, MD
Ellen Smith

HONORARY BOARD MEMBERS

Jonathan Bump
Pliny Burrows
Russell Patnode
Jean Randall