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- Morgan Aldrich, LNA
- Kayla Bailey, Activities Assistant
- Julie Ball, Activities Assistant
- Alicia Bebey, LNA
- Cynthia Bimmler, RN, Resident Care Administrator
- Nancy Bonneau, LNA
- Pam Boyd, Cook
- Chris Clark, Maintenance Director
- Sherri Deyo, Licensed Practical Nurse, Per Diem
- Cindy Downs, LNA
- Imelda Haloho, LNA
- Linda Hastings, RN, Resident Care Administrator, Per Diem
- Abi Healey, Gardener
- Cindy Jerome, M.A., Executive Director
- Ruth Kibby, LNA, Per Diem
- Carol Killay, RA
- Savannah Lee, RA, Per Diem
- Lynn Miner, LNA
- Shirley Morrill, Housekeeper
- Kelly Morse, RA
- Wendy Parent, LNA
- Karen Penson, LNA
- Alice Revis, LNA, Per Diem
- Kree Rinfret, Executive Assistant
- Chelsea Saber, RA
- Emma Sheldon, Site Director
- Ashley Squires, Housekeeper
- Ellenka Wasung-Lott, Activities Director
- Brionna Williams, RA, Per Diem

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**YOU'VE
BEEN IN
US
for how long?**

This January:

Ruth Kibby - 3 years

Emma Sheldon - 1 year

January 2017



HOLTON HOME

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

Our Family & Friends Holiday party was bittersweet this year – we celebrated not only our residents, their wonderful families and friends, but also our Nurse Linda Hastings, who is retiring after almost thirteen years! Hellos and goodbyes were exchanged in equal measure, aided by the most amazing food and drink provided by our talented kitchen staff. We wish you all a happy, healthy and prosperous New Year, and Linda – we wish you all the best in the next chapter of your life!



The Benefits of Making the Move, Part 2

Last month we heard the story of Andy Reichsman's Mom. He planned to keep her home through the end of her life but, through his physician sister, learned of the advantages of assisted living. She came to Holton Home and thrived. As our population ages, and they and their loved ones want information about their options, more research is being done on the benefits of moving to assisted living. A recently released survey, conducted in collaboration with the researchers at Sage Projections, suggests that

"[T]he majority of older adults and their family caregivers experience measurable increases in quality of life after an older relative moves to assisted living."

LeadingAge, the association of non-profit elder care providers, says

"We know from experience that when older adults move into assisted living or a life plan community, they are healthier, more active, and have a better quality of life. Now we have hard data to document those benefits."

It's not unusual for families to delay moving their loved one to assisted living. In fact, 85% of survey respondents said they waited, primarily because their older loved one wanted to stay at home, and be cared for by someone they knew, for as long as possible. But once a move was made, family members reported noticing improvements in their older relative's:

- Quality of life (73%)
- Nutrition (73%)
- Social well-being (64%)
- Emotional well-being (47%)
- Physical health (44%)

Once a senior has moved, they are five times more likely to see overall quality of life improve than worsen and 73 percent of families report that a senior's quality of life got better or much better. There are also benefits for family members who have been their loved one's caregiver. They reported experiencing improvements in their:

- Level of stress about the older relative (64%)
- Personal quality of life (60%)
- Relationship with the older relative (50%)
- Levels of health, diet, and exercise (32%)

We see the positive impact on the whole family when the adult children can go back to being "the kids" instead of the ones Mom depends on for everything from shopping to help with a shower.

Another reason for delaying a move is the assumption that it will be much more costly for an elder to live in assisted living. But almost three-quarters (70%) of family members said their loved one's "monetary well-being was largely unaffected after the move." There are hidden costs of having an elder age at home. Paying for at-home care in addition to regular household expenses can be similar to assisted living fees. A move reduces stress for family caregivers, lowers the impact of caregiving on their career, and makes possible greater earning potential.

Holton Home and Bradley House see these results all the time. I recently spoke to a resident who said she'd walked so little when at home, that she grew weak and had to rely on a scooter to get around. Walking to and from the dining room and activities built up her strength and improved her health significantly. The scooter gathered dust and, almost three years later, she's still going strong!

There's also research that makes it very clear that one of the most effective ways to forestall dementia is frequent socialization and physical activity, both found in abundance at Holton Home and Bradley House, and not so readily available at home. Shall I do an article about that next?!

Cindy Jerome
Executive Director



Bradley House Update

We are happy to say that we have resolved a neighbor's concern about traffic safety and are moving ahead with the Bradley House Revival. We are on track for breaking ground in the spring. Phase 1 is construction of the addition on the northeast corner of the building. Phase 2 will be the renovation of the beautiful old mansion.

Stay tuned for updates!

Around the Halls of Holton Home

Holton Home's Visiting Committee has a few lovely longstanding traditions that everyone looks forward to. For the Valentine's tea, Dodo Rice made the most fantastic finger sandwiches and cookies for years! Having just celebrated the holidays I would like to extend a huge thank you to the Visiting Committee for all they do for the residents of Holton Home! (and I know they are always looking for new members). Each year they purchase presents for each and every resident, so along with the gifts from the Rotary Club, our residents have a few gifts under the tree to open!

Recently we have been getting some of the gifts from Experienced Goods, which has enabled the Visiting Committee to purchase wonderful treasured gifts that far exceed the spending limit. Our residents receive fine silk scarves, beautiful jewelry, and new books among other fun gifts. In doing so, we help support Brattleboro Area Hospice which helps our community and the community at large so very much. This month we will be graced by the angelic voices of the Hallowell Singers, and volunteers will continue to lead the wildly popular Wisdom Circle - where residents get an opportunity to have meaningful and deep conversations.

We are so grateful for all of our wonderful volunteers and wish you all a happy, healthy and peaceful New Year filled with lots of love and laughter!

Ellenka Wasung-Lott
Activities Director

Do You Know Someone...

Do you have a friend or loved one whose life would be more pleasant if someone else took care of those daily details?

We have rooms available, and we are accepting applications for both respite care and long-term stays at both Holton Home and Bradley House.

For more information, call Emma at 802-254-4155 or Cindy at 802-254-5524.



Shirley Morrill is our November



What does she love most about her job?

"Laughing and joking with the residents – they have a great sense of humor!"



Things our residents love about Shirley:

- She makes me laugh!
- She has a lovely name (Shirley F.)
- She does a great job
- She always talks with me
- She's very helpful
- She's willing to help at the drop of a hat
- Very capable
- Great at getting suitcases out of closets



Chris Clark is our December



What does he love most about his job?

"Everything from problem solving with the residents, to being able to design and build things that will make Holton Home a better place to live and work."



Things our residents love about Chris:

- He's everybody's dream man!
- He answers all my questions
- Very knowledgeable
- Magician par excellence
- Nicest, handsomest, tallest man I know
- We'd all like a Chris
- Always in a good mood
- Great picture hanger
- He is always smiling
- He knows everybody's names
- We all want to adopt him