



# 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

### Baby Boomers, Making a Difference Again

It's fair to say that Baby Boomers changed childbirth. Not content to give birth in an operating room while Dad paced the hallway, they demanded birthing centers with double beds and bathtubs, and they got them. Immediate connection with baby by both parents has become the norm, and there's no going back. And, there shouldn't be! Warm and tender moments during and immediately following birth are profoundly human, and lay a good foundation for the years ahead.

Now that they are past their child-bearing years, every day there are 8,000 Baby Boomers who turn 65 years old. As they survey their future, they have set their considerable cultural power on a new target. Get ready for Baby Boomers to change dying!

An oft quoted statistic is that 70% of us want to die at home, but 70% of us actually die in a hospital. Sometimes that's because the attempt to stave off death runs into the realities of our failing bodies. Talking about death and dying, about whether you value more days of life or greater quality in fewer days, leads to a better outcome, as you define it. Baby Boomers are good at talking and making their needs known. The change has begun.

Just as with childbirth, the expectation is that dying will be on their own terms, and facilitate relationships held dear. Expectant mothers write a "Birth Plan," and now the Boomers are writing their Advance Directives, with an eye toward ensuring their wishes are respected. Vermont joined several other states in passing legislation that allows the terminally ill to choose the time of their death. And ever more prevalent are hospice and palliative care programs that ensure comfort in the last weeks and months of life.

Many of you know someone who has lived their last days at Holton Home. Dying in your own bed, surrounded by loved ones, is an ideal we celebrate and are honored to offer, when circumstances allow. It is one of the greatest gifts we can give a resident and their loved ones and surrounds the sadness of loss with a certain quiet joy.



Because of the value we place on a "good end-of-life," we are pleased to partner with Brattleboro Area Hospice, BMH, Bayada Hospice and Visiting Nurse and Hospice in sponsoring **The Wake Up to Dying Project**. A traveling exhibit, the project will be at Brattleboro's River Garden June 25 – 28. There will be audio stories, art, workshops and resources, "all focused on living well and dying well. The purpose is simple: to educate, engage and encourage people to face this shared human experience honestly, openly and in community – and to live better having done so."

We hope to see you there!

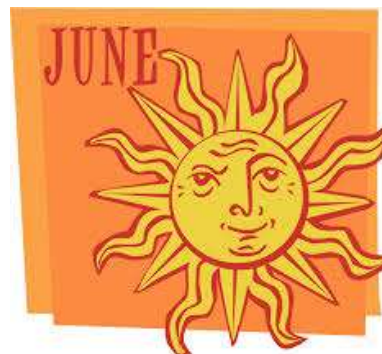


### Staff

Félicité Adjoua, *Resident Assistant, Per Diem*  
Morgan Aldrich, *Resident Assistant*  
Julie Ball, *Activities Assistant*  
Tracy Bartella, *Activities Assistant, Temporary*  
Nancy Bonneau, *Licensed Nursing Assistant*  
Pam Boyd, *Cook*  
Chris Clark, *Maintenance Director*  
Sherri Deyo, *Licensed Practical Nurse, Per Diem*  
Cindy Downs, *Licensed Nursing Assistant*  
Julie Emery, *Resident Assistant & Housekeeper, Per Diem*  
Rose Gerry, *Licensed Nursing Assistant*  
Joshua Hart, *Chef/Manager*  
Linda Hastings, RN, *Resident Care Administrator*  
Abi Healey, *Gardener*  
Cindy Jerome, M.A., *Executive Director*  
Ruth Kibby, *Licensed Nursing Assistant, Per Diem*  
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*  
Kree Rinfret, *Executive Assistant*  
Chelsea Saber, *Resident Assistant, Per Diem*  
Ashley Squires, *Housekeeper*  
Ellenka Wasung-Lott, *Activities Director*

### Board of Directors

Jill Brehm, *Visiting Committee*  
Paul Dedell  
Marion Dowling  
Vern Grubinger  
Allan Hansell, *Vice President*  
Lee Madden  
Kris McDermet  
Joe Meyer  
Andy Reichsman, *Treasurer*  
Linda Rice, APRN, *President*



### Birthdays

Residents celebrating birthdays in June include:

- ◆ Glennis Hescocock on the 14th
- ◆ Ed Whiting on the 21st





## Chuckle Corner

In honor of Mother's and Father's Days

### WHY GOD MADE MOMS

Answers given by 2nd grade school children to the following questions:

#### Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

#### What kind of little girl was your Mom?

1. My Mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

#### What did Mom need to know about Dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

#### Why did your Mom marry your Dad?

1. My dad makes the best spaghetti in the world. And my Mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that Mom didn't have her thinking cap on.

#### Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because Dad's such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than Dad.

#### What's the difference between Moms & Dads?

1. Moms work at work and work at home and Dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller & stronger, but Moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
4. Moms have magic. They make you feel better without medicine.

#### What does your Mom do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

#### What would it take to make your Mom perfect?

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

#### If you could change one thing about your Mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my Mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on the back of her head.



Mother's &  
Father's Day

## SAVE THE DATE

THE WAKE UP TO DYING PROJECT WILL BE AT THE RIVER GARDEN, 157 MAIN ST. IN DOWNTOWN BRATTLEBORO, FROM THURSDAY, JUNE 25 TO SUNDAY, JUNE 28. STOP BY TO SEE THE EXHIBITS AND HEAR THE AUDIO RECORDINGS OF PEOPLE'S STORIES. SCHEDULED WORKSHOPS AND DETAILS ABOUT OTHER ACTIVITIES, INCLUDING THOSE FOR KIDS AND FAMILIES, CAN ALL BE FOUND AT [WWW.WAKEUPTODYINGPROJECT.ORG](http://WWW.WAKEUPTODYINGPROJECT.ORG).

## Away from the Halls of Holton Home

A few weeks ago eleven of us loaded into two vans and a car and caravanned down to Cape Cod. Six residents, two of their children, our amazing Per Diem Aide, Chelsea, fresh from her College graduation and my baby Lulu, left the new leaves and spring flowers of Southern Vermont and were greeted by beautiful fog and the blue, blue waters of the ocean.

Of course we ate lots of seafood; lobster rolls, oysters, fish & chips and had ice cream, did a little shopping and a lot of adventuring and exploring. We lunched at two spots near and dear to our chef Josh's heart, one where he worked and one where he would dive for quarters as a kid.

At Woods Hole Aquarium we felt starfish, urchins and fish, watched the seals show off and were amazed by the beautiful and diverse array of fish local to our Northern Waters. We'd take drives down bumpy dirt lanes and be rewarded with gorgeous vistas, lighthouses, iconic Cape Cod architecture as every time the blue line of the ocean filled our horizon. One resident was able to see that the trees she and her husband planted thirty years ago were still thriving at her old house. At Sandy Neck beach, we gazed out at the ocean, eating sandwiches, talking some and relaxing a lot.

We even took the beautiful Route 142 home—as the sun was low in the sky, illuminating the rich green fields, farms and bright blooming trees. It was a trip to remind us how lucky we are and how beautiful the world is, both oceans and mountains. The only complaint I heard was that the residents wished it were longer!

Ellenka Wasung-Lott  
Activities Director



Babs & her daughter, Kate



Nancy & Kay love it here!



Barb with her son, Jamie



Eva, Barb and Jamie take in those wonderful Cape sights and smells!

Barb settles in for some relaxation!