

THE SENIOR SENTINEL

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Editor's Welcome

Having never created or edited any kind of publication before, I felt more than a bit nervous when not one, but two residents came to me and asked that we publish a newsletter.

One of my goals as the Recreation & Volunteer Coordinator for the West River Valley Assisted Living community is to try and engage the residents in a variety of interests that are meaningful to them.

There are many fine writers among our residents that have expressed interest in continuing to enjoy this activity.

We have excerpts from memoirs, healthy living advice, interviews, poetry, recipes and much more.

The name of our newsletter "The Senior Sentinel," was submitted by a resident, Betty Freres and selected by ballot from a list of 29 possible names.

For her winning contribution, Betty received a dinner for three at the Old Grafton Tavern. This generous gift from the Windham Foundation was arranged by Bob Barrett.

The new Senior Sentinel will be published quarterly. With each new issue we hope to bring our news to the greater West River Valley.

Thank you in advance for your readership.

Sincerely,

Dawn Slade
Recreation and Volunteer Coordinator.

Join us at our birthday Open House Sunday, October 24th

As I sit down at my desk to write a short blurb for this newsletter, I realize that it was only a short six years or so ago that I sat in this very room and asked Warren Kronemeyer whether he would consider letting his property be used in a market analysis for a new senior housing project in Townshend. On paper, it seemed like an attractive site, but now, as we approach our third "birthday" at the end of October, I've got to say, "There's nothing like the real thing."

A rare combination of an adept, caring staff; unique, interesting residents; and a supportive community has interacted to create a wonderful home here at West River Valley Senior Housing. Now, when I travel to Burlington, or Montpelier, or to the Upper Valley, I hear a lot of positive compliments about our housing and care. News about a quality product sure gets around!

That's why we are inviting all our supporters to join us on Sunday, October 24 between 2:00 and 4:00, to celebrate—not only our third birthday, but really all the folks—the residents, families, staff, board, businesses, donors, and any and all others whose concern, hard work, and resources help us to be the best senior housing community that we can be.

-Bob Crego
Executive Director

Resident Profile: R.R (Bob) Barrett, Jr. as told to Cicely Aikman



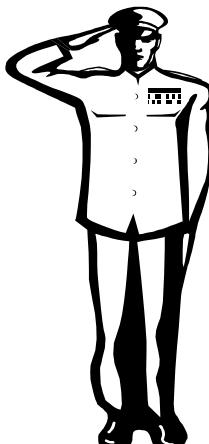
Bob Barrett Jr. and his wife, Ginna, have been residents of West River Valley Assisted Living since January 2010.

Bob was born in 1914, in Sewell, New Jersey. He says that he was the "oldest and the most spoiled" in his family. Bob's father lost everything in the great depression of 1929. His son remembers how difficult things were for his family. Only by working at several different jobs during the 1930s was Bob able to attend and graduate from the University of Virginia, obtaining a major in Chemistry.

Bob is a former, World War II Naval Aviator. He flew hundreds of missions in the Pacific from 1940 to 1946. At that time Bob's nickname was "Hawk".

Even before the United States became fully involved in World War II, Barrett had a desire to become a naval aviator. He made this decision after taking a ride in an airplane at the age of sixteen. After joining the Navy, Barrett was commissioned Ensign USNR. He was assigned to Ford Island in Hawaii.

In June of 1940, his squadron was moved to the Philippines and became a part of the ill-fated Patrol Wing Ten.



Late in 1941, Barrett's squadron received a sealed secret order from President Roosevelt, requesting them to track the Japanese Fleet as it moved south. This was just prior to Pearl Harbor. After the attack and just eight weeks into the war, the squadron had suffered fifty percent losses with many men taken prisoner. Two of the original planes in Bob's squadron escaped to Darwin, Australia. Bob was on one of those planes.

In 1948 Barrett retired from the U.S. Navy with a rank of Commander. During his career, Bob received a Distinguished Flying Cross and many other awards for his outstanding service.

Bob and Ginna have been married for 68 years. They have three children, who now all live in Vermont.

In 1950, Bob founded a real estate business in New Jersey. In 1970, he moved his family and his business to Grafton, Vermont where he and his wife lived until about a year ago.

Bob's hobbies include: bird hunting, fishing, skiing and anything that includes the great outdoors.

Barrett is still in the process of completing a book which

covers his service experience in the Philippines. He is also working on a diary chronicling the first ninety days of World War II, when the Japanese overwhelmed the United States Air and Ground Forces.

Bob continues to have a great interest in flying and in U.S History, particularly as it relates to pacific campaigns in World War II.

Bob speaks candidly when he states that one of his most difficult challenges in life was facing his addiction to alcohol.

While he is very proud of both his Naval and real estate careers, Bob considers his marriage to Ginna and his children to be the greatest joys of his life.

451 & 461 Grafton Rd.
Structures standing tall
Insides bustling throughout fall
Snow will blanket soon

11:45
Chop, dice, sharpen knives
Smell delightful aromas
Bellies full with love

-Jen Gagliardi, Operations Dir

Word from the Brick House
Tap, tap, tap, cha-ching
Ah--accounts receivable...
Please pay on time—now!

-B. Crego, Executive Dir

Staff Profile: Tammy Plummer

By Cicely Aikman



One of our Caregivers, Tammy Plummer, has been working at West River Valley Assisted Living since we opened three years ago. While she has been an LNA for twenty years, Tammy has had the experience of working in many hospitals, nursing homes and other adult care facilities.

Tammy has always lived in Southern Vermont. She was born in Rockingham, and graduated from Bellows Falls High School in 1984. Tammy is married to Keith Plummer.

She has two children—a

son and a daughter. Tammy and her husband love to go camping and work in their garden.

Tammy has dedicated her life to caring for and helping the elderly in places like West River Valley Assisted Living.

. She is always running around giving us our medications, feeding us, cleaning up after us as well as serving our meals. Her warm blue eyes smile on us indulgently.

Thank you Tammy for all your love and for all you have done for us.

Nutrition Notes

There are a number of theories about why we age. When it comes down to it, unless there is an accident or an inherent generic anomaly, we have a considerable amount of control over how we age. As it is, we are living much longer than our ancestors were due to better control over infectious diseases, nutrition supplementation and improved sanitization practices. Taking into consideration the amount of processed, non-organic foods we eat in our lifetime, we may be able to live a bit longer and healthier if we ate even more conscientiously.

Beginning in our next newsletter we will be sharing healthy nutrition tips which everyone can benefit from.

-Erin Perkins, Nutrition Director

News & Notes by Al Moulton, Resident Board Representative

There's a feeling of autumn in the air these days in the West River Valley and that means it is time to talk about fundraising at Valley Cares.

We decided a year ago that we don't always want to have our hands out for money, but of course we do have needs. At that time we decided to establish a tradition of annual giving for those who want to help us. We chose fall for our annual giving season.

Our first annual appeal took place last fall and we were pleased to receive nearly \$22,000 in private gifts, mostly from local people. These contributions were very helpful to us.

Our goal this fall is \$25,000. Appeal letters to our supporters will be sent out this month. Our Board Chairman, John Nopper sums it up pretty well when he says, "Our friends have created Valley Cares through their generosity in the past, and we do appreciate it. We hope our new tradition of a fall "Giving Season" will receive the same support. Gifts of any amount will be greatly appreciated.



Thoughts on growing old By Warren Patrick



I am often asked how I feel about growing old. My reply is that don't think of myself as old. It is an interesting question and I have given it considerable thought. I ended up by deciding that old age is a gift to be treasured. I am now, for the first time in my life the person I have always wanted to be. "Oh, by the way, I don't mean my body."

Although I am in fairly good shape physically and mentally and stay active in both areas, I sometimes regret the wrinkles, thinning hair and expanding paunch. I am very aware of that guy looking back at me from the mirror. But I don't agonize over it for very long. "I am what I am." I would never trade my body or

my life experiences, my loving family or my loyal friends for anything. As I have aged, I have become more kind to myself. I've become my own friend. I don't chide myself for eating that extra cookie or having a banana split or for buying that silly gecko that hangs on my wall. I am entitled to be a little messy, a bit extravagant and to eat things that perhaps I shouldn't. I have seen too many friends leave this world before they understood the great freedom that comes with aging. I will dance with the women when there is an opportunity. I will play a joke or tell a funny story for a laugh, to help anyone forget their troubles for the moment. If I wish to recall

precious times with my children, grandchildren and great-grandchild I can do so. Young people may think that I am old and foggy, but they too will grow old someday.

Now at ninety-nine I am still young at heart. I know sometimes I am forgetful, but then, something's are better forgotten. I will always remember the important things in my life.

Quips, Quotes & Random Notes

A thought to remember: Never let the opportunity to say a kind word pass you by.
We always admire the other fellow more after we have tried to do his job.
One of the great arts of living is forgiving.

-Bob Barrett

Stay close to your family and friends.
Keep your mind active
Laugh and have a sense of humor.
Stay in touch with your spirituality.
Continue looking forward to each new day.
Keep moving and exercising.
Maintain a sense of independence.
Eat right.
Keep up with the news and current events.
Keep making new friends

-Lisa Holabird, Staff Nurse

Just living is not enough.
One must have sunshine, freedom and a little flower."
-Hans Christian Anderson

Submitted By Thelma Crosby

Poetry Corner

No one knew when we moved in here
It would be a new career.

Meeting different people and adjusting
to change in lifestyle,

Dinner at noon, lighter fare at night,
but the change was right.

We have the greatest aides who
cheerfully answer calls,
day and night,
to make everything come out all right.

The food is great.
We have all put on weight.

Happy days are here for us.
West River Valley Assisted Living is a
plus.

-Elsie Hedges

I Remember....

I remember his hands: rough, calloused,
cracked, dirt-stained, hard working
hands. And though I must have been a
naughty girl (often now that I remember),
I have no memories of ever being struck
with them as a form of punishment.

I remember the gentleness he used to
bring new animals into the world and
also to lay to rest those that had passed
on.

I remember them folded in prayer as we
all sat around the food-laden dining room
table.

I guess that's the way I most want to
remember them – folded in prayer - for
he was grateful to the Lord for his many
blessings.

-Anne Dean

Late August sun hangs over a forest hillside,
melting into a field of mown green grass

Hummingbirds hover their feeder,
 gulping down sugar water
for their trip to Mexico

Sunflowers bow down their heads
to touch the grass

Wrapping themselves around a post,
 cobalt morning glories
unfold their magnificence

Pale light brilliance
decorates the last days of summer

-Cicely Aikman

Resident Recognition

When the phone rings at the
West River Valley Assisted
Living you may have the
pleasure of hearing the soft,
calm voice of Anne Dean
greeting you. Anne has been
volunteering her time answering
the ever-ringing phone. This is
a tremendous help to us all.

In addition to her receptionist
duties, Anne has taken on the
task of recycling returnable
bottles and donating the money
to the Activity Fund. We have
recently used the money she
has collected to purchase the
lovely mums that are in front of
our building.

For the past two years Anne
has also been busy making
and selling earrings at the
local farmers' market.

Anne's generous nature is
evident even when she is
away from home, as she
often sends us personalized
picture postcards when she
is traveling with her family.

I want to take this
opportunity to let Anne know
how very much her
generous gifts of time and
service are valued by the
staff and the residents. She
is an inspiration to us all.

Resident Recipe

Salmon Casserole

1 Can Celery Soup
½ Cup of Mayonnaise
¼ Cup of Milk
¼ Cup of Parmesan Cheese
1 Can of Salmon
1 Package of Frozen Peas,
cooked
1 Package of Noodles, cooked
and drained
1 Tablespoon of Chopped Onion

Combine soup, mayonnaise, milk
and cheese, blend well. Stir in
salmon, peas, noodles and onion.
Pour into 1 ½ quart casserole
dish and bake at 350 degrees for
25 minutes.

Submitted By Patsy Hope

Upcoming Events highlights

October

Sunday, October 3rd – 2:00 Kelly Moore presents A Broadway Review

Thursday, October 14th - Fiddle music with Laurie & Jill @2:30

Saturday, October 16th - Memory Walk to benefit Alzheimer's research (pledge sheets available)

Sunday, October 17th – Dave Aho performs on Keyboards@3:00

Sunday, October 24th – 2:00- 4:00 Open House and Hungry Town Musical performance

Saturday, October 31st Michael and Sally are back

November

Thursday, November 11th Veteran's Day Observance

Sunday, November 14th @ 3:00 Special Music

Sunday, November 21st @ 3:00 Joanne Beck

December

Sunday, 12/5 @ 3:00 Jazz music performance

Tuesday 12/7 @ 3:00 Josh Wein on piano

Sunday, 12/12 2-4 Holiday Party

Sunday 12/19 3:00 Carol Sing

Birthdays

Tuesday, October 19th – Edna Douglas

Friday, October 29th – Yvonne Knapp

Saturday, November 6th --Patsy Hope

Monday, November 29th Ginna Barrett

Monday, December 13th Elsie Hedges

Monday, December 20th Christine Bills

Tuesday, December 21st Bettsie Puckhafer

West River Valley
Assisted Living
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Townshend VT
05353

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(802) 365-7150

Three cheers for volunteers!!!

Volunteer opportunities

We have terrific group of people who volunteer their time and talents to the West River Valley Assisted Living community. We would like to invite you to join this group. Some volunteer opportunities include transportation to medical and hair appointments, drivers for Meals on Wheels, transportation to church, reading and visiting with residents, gardening, musical performances, art groups, basic computer instruction, playing cards, and calling bingo on the weekends. If you are interested please contact Dawn Slade at 365-7190

