

 **Garden Path
Elder Living**
Bradley House, Brattleboro, VT



Activities Newsletter May 2024

Dear Friends & Families of Garden Path Elder Living,

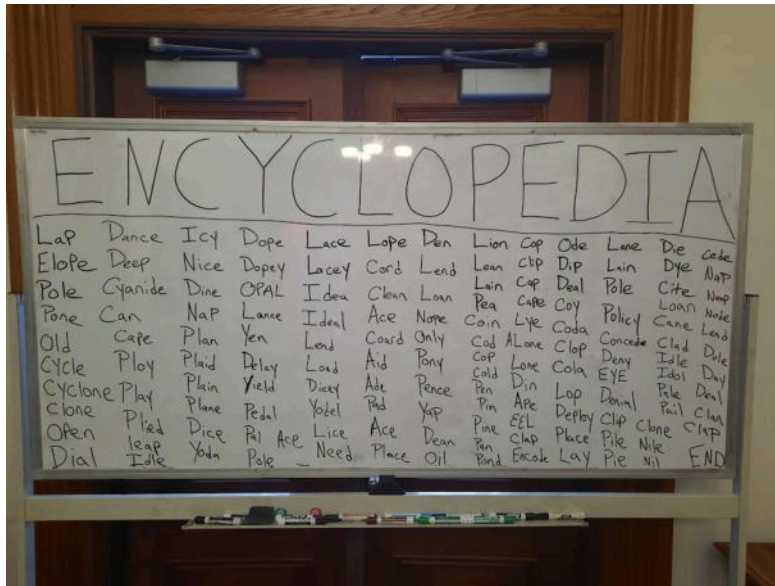
Happy Spring to you all! I would like to share with you some of the things that have been going on here at the Bradley House the past few months, as well as some of the things we are looking forward to. I would like to start with the grounds, gardens, & the house itself. We have created new flower beds in front of the house & enlarged existing ones. On the hill to the west of the house (along Harris Avenue) we are converting a large portion of the grass to wild flowers. A 15 x 100 ft section is currently being covered by tarps. This will be the designated area. Results will probably not be seen until next Spring but it is sure to be a beautiful change. We are planning to do this in other areas around the house as well. We continued our tradition of planting a tree on Arbor Day. This year we planted a cherry tree. We had residents who enjoyed shoveling, watering & getting their hands dirty and others who enjoyed watching & supporting & saying “a little more dirt over there”. We all had fun & I think it made everyone happy to be outside together & give back a little. We will soon be starting our raised beds. This year we will mainly be planting vegetables that can be used in our cooking groups, shared with the chefs in the kitchen, & just eaten on spot. Most of these ideas come from our resident’s garden club. This club meets every other week & does everything from brainstorming ideas to physically planting seeds & plants. The members of the garden club bring a lot of energy & excitement to gardening at Bradley House. We also get a lot of help from Ross Smart (activities), Chris Clark (Maintenance) & Green Mountain Gardening, who all help the resident’s ideas come to fruition. We are lucky to have them! We will soon be expanding our parking area to the west of the house (the upper parking area). This expansion will provide additional parking for approximately four more cars. Last March the carbon monoxide detectors in all rooms & throughout the house were replaced. The exterior of the house is nice & shiny due to a recent pressure wash & the flooring in the hallway leading to the living room will soon be replaced. OK, moving on.

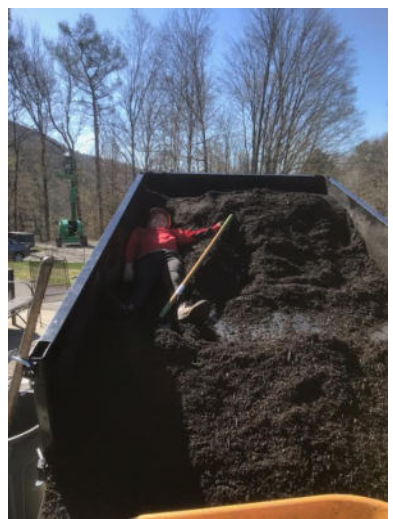
We were recently invited to lunch at HillTop Montessori School, where we took part in their presentation on foods from different religions. Before eating we learned about the origins & ingredients of each food that would be served. The students obviously had fun in preparing this & put a lot of hard work into it. The

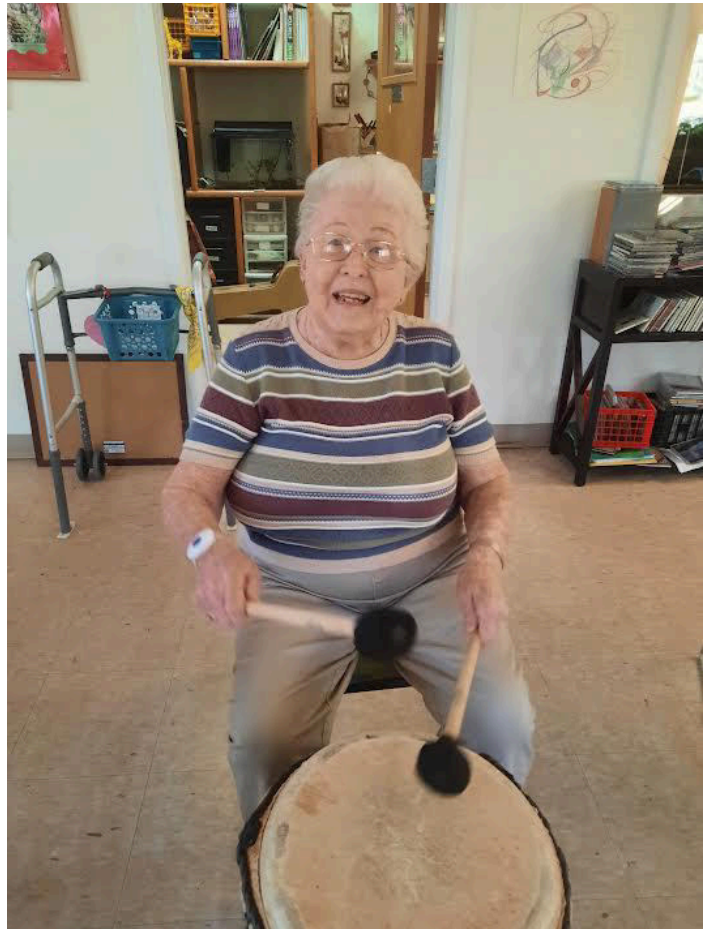
food was great! We look forward to continuing our relationship with them next school year. The New England Center for Circus Arts (NECCA) has begun a weekly residency with us that will last until the end of the year. They are sharing with us their "Silver Circus" program. This is mostly a chair based class that the residents participate in. So far the class has involved balancing objects, hand eye coordination games, juggling, brain exercises, & lion taming. OK, one of those was a joke. Marissa, the instructor, is super fun & great with the residents. We had our first class the other day & the residents had a blast! We can't wait to see what's in store for the next class. We recently finished our "Wisdom in our Community" art project. This was a four week project that was led by Susan Rosano, a local Brattleborolian, & funded by a grant from the Vermont Arts Council. Residents wrote stories & memories from their pasts that were then printed on top of watercolor paintings that they made. These pieces were then framed & displayed in the Bradley House. They all came out beautifully. These pieces are being put on display in Brooks Library in Brattleboro. There will be a reception & presentation of these on May the 6th at 11:00. Please feel free to come by & join us for this occasion. The art pieces will ultimately be given back to the residents to keep. The Southern Vermont Natural History Museum will be back in May, this time presenting "Meet the Mammals". Everyone loves when they visit. It's always a surprise & exciting to see what will be inside the numerous cages they bring. The Morris Dancers will be back in May to perform Traditional English Song & Dance. The solar eclipse was amazing! We had around 20 people outside to watch it. It made it extra special to witness such an event together as a community. Join us May 26th for a fundraiser at the Vermont Welcome Center in Dummerston, just over the Vermont/Massachusetts border. We'll be hosting "The Daily Coffee Break". These Coffee Break events are hosted by the Welcome Center & are single day fundraising opportunities for Vermont non-profit community organizations that benefit Vermonters. This will be from 9am - 6pm. We hope to see you there!

Well that's about it for now. We are so grateful that we get to spend time & have fun with such an amazing group of people. See you all soon!

Below are some pictures from the past few months I'd like to share with you.







We have a lot of fun things planned. Please check out each month's [activities calendar](#).

Feel free to visit our [website](#).

While you're there, click the link or pick up an [Application for Garden Path Elder Living](#) for someone you may know who'd like to move into residential care.

Bulletin: We would like to thank St. Michael's Episcopal Church, St. Michael's Catholic Church & Trinity Lutheran Church for their time & devotion to the residents here at the Bradley House. We are so grateful for you!

Open Call: Do you have an interest, talent or idea to share? The Activities department welcomes your input and seeks to recruit volunteers from among our family circles. If you have an arts and crafts idea, (such as) a baking idea or would like to lead a talk sharing your travel photos, please contact me at mike@gardenpathelderliving.org and we can add it to the schedule. Our aim in activities is to continually enrich, share and enjoy our lives here. I really appreciate all the time and resources that have already been shared! New ideas are always welcome!

Best wishes,

The Activities Team

Mike Jones

Ross Smart