

Bardwell Activities and Events 2016-2017

Bardwell House offers many amenities for residents. The Computer Room has two work stations. The Puzzle Room provides hours of entertainment. The Dining Room offers plenty of space for Pot Luck Dinners and get-togethers; and has a big-screen television that is used quite frequently.

The Bardwell is a congregate meal site for Meals-on-Wheels; the organization delivers meals every week day for several participants. Meals-on-Wheels is now serving lunch family-style rather than in pre-packaged containers.

In addition to the physical attributes of the Bardwell, we credit The Bardwell House Residents Association, the Resident Services Coordinator, and the Tenants, as they are a very busy and productive group of people.

Bardwell House Residents Association

The Bardwell House Residents Association held their **fifth election of officers** early in March, with nearly **53%** of the population participating in voting!

The Association holds regular meetings once a month, committee meetings as needed, and other events as follows:

- Bring-a-Prize BINGO (monthly)
- \$1 BINGO (monthly)
- BINGO presented by students of the College of St. Joseph (twice a month)
- Pot Luck Dinners and/or Birthday Celebrations for the month.
- "Welcoming Committee" - to welcome new tenants to the Bardwell House
- Other events:
 - Dessert Socials
 - Ice Cream Socials
 - Barbeque for Management Staff, "Management Appreciation"
 - Public Servants Appreciation Day for which the Association invites various public servants (Policemen, Firemen, Rescue Squad Members, and City Officials) to share desserts and to present Certificates of Appreciation

Resident Services Coordinator

Sherri Durgin-Campbell was with us until the end of September. Lisa Ryan stepped in to continue Sherri's work at the Bardwell. Lisa is also instrumental in providing both entertaining and educational activities and programs for tenants of the Bardwell House.

Educational & Motivational Activities

- 30-Days of Kindness (30 days)
- Art Walks (monthly) - Sherri and interested tenants walk to a nearby art gallery or museum to appreciate local talent.
- Color for Your Soul (weekly) - a popular gathering of folks coloring (in the newly popular adult coloring books) for relaxation.

- Green Up Day (annually)
- "History Monday"- Members of the community gather to discuss historical events.
- Therapy Dogs (monthly) - Tenants welcome the therapy dogs and their human companions into the common areas once a month, for some fun and conversation.
- Book Club (twice a month) - Lisa has helped residents obtain library cards so that they could have access to various books and movies. Book club members would collectively decide on a book to read and come back to discuss it with each other.
- Recycling Chart - Lisa created a detailed chart to help residents distinguish between garbage and recycled materials. This helped residents to properly place said items in the designated areas. This also helped to avoid fines from our local trash/recycle company.

Health & Wellness

- Foot Clinic (every other month) Rutland Area Visiting Nurse Association and Hospice (RAVNAH) offers a foot clinic on-site
- Learn to Cook the Healthy Way (offered as a "set week course")
 - Lisa has organized a Butternut Squash cutting demo & cooking workshop for the residents with the help of the RAFFL and GLEAN Team staff.
 - Lisa has scheduled registered dietician Jaya Davis to come and educate the residents about "How Much Sugar is in Your Beverage."
- Laughter Yoga (weekly) Tenants really enjoy Laughter Yoga and talk about it often
- Smoker's Anonymous

Just for Fun

- Wii Bowling (offered as a "set week activity")
- Matinee Movies - tenants gather randomly for popcorn and a movie in the dining area
- Christmas Light Tour (annually - often more than once during the holiday season)
- Fall Foliage Tour (annually)
- Pumpkin Party- Lisa has organized a pumpkin carving and decorating party in spirit of Halloween. Pumpkins were donated from a local farm stand.
- Brain Teasers (weekly) - Lisa has provided residents with various brain teaser games, puzzles, and trivia as a fun and stimulating way to challenge the residents' minds.
- Sugarwood School - Sugarwood friends came to the Bardwell to provide the residents with entertainment by playing recorders, singing, dancing, and encouraging audience participation.
- Birthday Cards - E.P. Management delivers personalized birthday cards to residents on/near their birthday

Nutrition

- Commodities (once a month) – Sherri has helped residents who qualify to sign up for this program
- Food Pantry - Sherri has created an on-site Food Pantry that lives in the Community Kitchen
- Gleanings Program (harvest season)- produce is donated to Bardwell House tenants on a regular basis during the harvest season
- Vermont Farm Share (harvest season) - Sherri has helped residents who qualify to sign up for this program

Political Engagement

Tenants often express their concerns about various issues to Sherri. She has accompanied tenants to the Board of Alderman Meetings and arranged for Guest Speakers to appear at the Bardwell House. In addition, the Mayor and Chief of Police come and speak to residents on various topics.

Lisa organized/scheduled Guest Speakers to come and speak to the residents. These included Rutland County Senate candidate Korrine Rodrigue; Board of Alderman candidates John Atwood, Rebecca Mattis, and Matt Whitcomb; and Outreach Specialist at office of U.S. Senator Bernie Sanders, Haley Pero.

Workshops

- Computer Workshops – Sherri organized workshops for various computer programs (such as e-mail and Skype) and helped individuals one-on-one as requested
 - Lisa has helped residents to create personal accounts on the computer so residents could surf the web and play games.
 - Educated residents on how to use Excel Programs (creating spreadsheets)
- "Difficult Conversations"

Etc.

In addition to all the programs listed above, Sherri/Lisa has offered the following services:

- The Bardwell Bulletin –A newsletter created and distributed monthly
- Mediations/Conflict coaching (as needed)
- Acquired/Coordinated Services and helped find Medical Equipment for residents (as needed)
- Paperwork - Helped residents fill out important paperwork (as needed)

Tenants:

- Card Games & Board Games - tenants get together often to challenge each other at the gaming table
- Church Service/Prayer Worship Service (held monthly in the Dining Room) - non-denominational, anyone is welcome
- Coffee Hour (3x a week in the winter months); (weekly in the non-winter months)

- Share the L♥ve Food Drive- tenants organized a Bardwell House Food Swap and donated the remainder of items to the Rutland Community Cupboard

Outside Organizations

ARC (local organization)

Game Night (monthly)

Scrapbooking (monthly-winter months)

Kiwanis Club

Holiday Dinner (annually)

Lion's Club

Pizza Party & BINGO (annually)