

GREETINGS FROM THE SCOTLAND HOUSE

Adult Day Health and Wellness

MEET OUR NEW EXECUTIVE DIRECTOR



I wanted to take the time to introduce myself to you and give you an update on our wonderful center for aging, health, and wellness.

My name is Gretchen Cole and I am the new Executive Director of the Scotland house in Quechee, VT. I was born and raised in Lebanon, NH where I still live with my husband Stephen.

We have three sons aged 17, 20, and 23 who all live in the Upper Valley area. I have over 20 years of experience working with older adults in assisted living, long term care, families, caregivers, therapeutic recreation, community organizations, and in specialized memory care setting. I have a Bachelor's Degree of Science with a major in Health Care Management and I am also a Certified Dementia Practitioner. I am very excited to be working with the Woodstock Area Adult Day Services supporting their mission and our community.

At this time, my temporary office is at the Thompson Center in Woodstock, VT. What a wonderful welcome I have received from the staff and the community! The Scotland House continues to take applications and questions from interested caregivers, families, and our partners in health care. You may contact me at The Thompson at 802-457-3277 or through either email: scotlandhousevt@gmail.com or gcole@scotlandhousevt.org.

WHEN ARE WE OPEN FOR BUSINESS?

The Scotland House has been undergoing renovations to provide the best environment possible for our participants. At times, there are set backs with any construction project. We are very hopeful to open our doors sometime in July. The contractors are in the final stages and I wanted to give you an update on where our project is.

The contractors have almost finished the exterior painting and are scheduled to start the interior painting next week. The plumbing and electrical work is in progress. We are anticipating that the contractor will be out of the building by June 22, 2018.

Currently, I am working with the board members to determine staffing needs, advertising, recruiting, and orienting the staff. We are finalizing our operations plan. This includes technology, budgeting, meals, transportation, purchasing office equipment & furniture, creating participant schedules, marketing, designing the programs that will be offered, etc., etc.

We are very fortunate that we have interest in the Scotland House from a variety of people! I want to thank you for your patience as the work has been completed. The goal is to open the Scotland House for the best possible experience for our participants. Prior to our first day, there will be an open house for our current participant list, their families, and caregivers to come and look at our wonderful center and meet our staff. We are then planning on having an open house for the larger community.



LIFE ENRICHMENT PROGRAMMING

The Scotland House is a community based day program designed to assist older adults with physical and/or cognitive impairments to remain living at home and active in their community as long as possible.

Programming will include music, art, games to stimulate the mind, current event discussions, tai chi, gentle exercise/stretching, horticulture, community outreach, baking and nutrition, social events, and entertainment. This is just the beginning! Our programs will be adapted to be successful for a variety of abilities and to encourage personal choice. We will build our programs on what our participants would like to see offered.

Activities that are of interest vary from person to person. Each individual will provide the Scotland House with ideas of their personal interests, past hobbies, and information about their life history. This will support the staff with getting to know you and assisting to make your time with us enjoyable.

“What if I don’t want to participate in activities?”

Everyone is invited to the programs that will be going on and given the opportunity to observe and/or join. Your choice not to participate will be respected and there will be different activities available to keep people engaged, that will not interfere with your decision to spend time independently.

“What if my family member is not a group person?”

Each person is an individual with their own thoughts, choices, and interests. We will be flexible, work as a team, have **fun**, and evolve as our program grows within its first year. In my experience, I have seen families struggle with wanting their loved ones to “participate” in groups, be “active and social”, and “do something besides sit on the couch.”

Together, we will create an individualized care plan with your family member’s interests, capabilities, and choices as a priority.

FAMILIES AND CAREGIVERS WE HONOR YOU!

The Scotland House program provide a safe, supportive environment where participants can receive a range of professional health, social, and therapeutic services. This program also provides respite, support, and education to family members, caregivers, and legal representatives.

Your voice is vital to our mission and goals for our participants. During our time together, we will have open communication on what is working well, what needs improvement, and what your needs are. As caregivers, you see and meet challenges daily that occur with keeping your loved one as independent as possible and in their own home. The Scotland House is here to support you!

OUR SERVICES INCLUDE:

- **On-Site nursing services**
- **Medication management**
- **Nutritional support, hot lunches**
- **Chronic disease management**
- **Monitoring of acute medical issues**
- **Wellness focused care**
- **Personal care assistance (toileting, showering, foot care)**
- **Exercise and Physical activities**
- **Therapeutic and meaningful activities**
- **Specialized dementia care**
- **Time with others outside of your home**
- **Caregiver Support**

BOARD OF DIRECTORS:

Jerry Fredrickson

Jill Lord, RN, MS

Deanna Jones

Susan Moor

Carla Kamel

Catherine Cullen, PT

Gail Dougherty

Lorrisa Segal, MD

David Green



Our Mission Statement:

To care for vulnerable, valued clients and to provide support by helping them maintain a viable presence within their community and with their loved ones.