



## LAMOILLE NEIGHBORS

### WE ARE LAUNCHED!!

What a success with 65-70 people in attendance at our launch party March 30th. This is clearly a topic of interest!

Thank you to: River Arts, Cookie and Papa Grey Beard, Dave Yacovone, Dan Noyes, Thompsons Flour Shop, Fork and Gavel, Stubb Earle, and Hannafords.



**Beginning May 1st we will be offering Walking Wednesdays, 4PM on the Rail Trail in Hyde Park for Members. It doesn't matter if you think you're slow - just come out for some exercise and company while walking.** April , 2019

## **Why Exercise? by Maxine Adams**

There's always a reason to skip your planned exercise routine – too busy, don't feel 100% today, you woke up grumpy, it's boring! But multiple studies show that regular exercise is worth overcoming your hesitations and has benefits beyond making you stronger and helping you keep your weight down.

### **Regular exercise can:**

- lower your risk of chronic diseases like certain types of cancer, diabetes, and cardio-vascular disease - fit persons have stronger immune systems
- prevent falls by improving balance
- extend your life - a recent large study result showed that individuals who incorporated strength training in their exercise program experienced a 23 percent reduction in all-cause mortality
- improve your mental health – one study found that exercise is more efficient than antidepressant drugs at overcoming depression
- forestall memory loss and preserve cognition - exercise regenerates brain cells, improves blood flow to your brain, increases production of nerve-protecting compounds, supports development and survival of neurons, and alters the way damaging proteins reside inside your brain

### **It is Never Too Late!**

The good news is that it is never too late to start exercising. Significant health benefits were observed among participants who became physically active relatively late in life.

One study group of elders adopting a moderate exercise routine and controlling their weight cut their risk of developing heart failure by 45%.

### **Don't Do It Alone.**

Many folks report that they are more likely to keep exercising if they join a class. And just the socializing you do with your exercise classmates improves your physical and mental health. The National Institute of Health recommends all 4 types of training: Balance, Strength, Flexibility, Endurance. But don't be daunted - most exercise classes include at least balance, strength, and flexibility and for endurance, you don't have to run marathons, just walking will do.

### **How Much Is Enough?**

Studies show that for older adults: 60 minutes two times a week is the minimum amount needed to improve cognition; 45 minutes three to five times a week leads to the greatest mental health gains; and 40 minutes two times a week can reduce the risk for death by about 22%.

### **Where Can I Find Low or No Cost Exercise Classes in Lamoille County?**

We are very lucky in Lamoille County to have Yoga, Bone Builders, Pilates, Tai Chi, and Zumba, to name just a few. Check out the News & Citizen and your Front Porch Forum for time, date, location. Most are either free or operate by donation and those that charge have very reasonable rates.

### **Exercise Alone Won't Make You Totally Healthy, Though!**

Did you know that sitting too much has a deleterious effect on your health? Non-exercise movement, such as standing up at work and walking more, is just as important as a regular fitness routine. Multiple studies find that prolonged sitting is associated with higher mortality from all causes, as well as increased incidence of cancer, cardiovascular disease, and type 2 diabetes. This is true even among people who exercise regularly. And we all know eating healthy food is linked to good health. Just standing at your kitchen counter making healthy food from scratch instead of sitting in front of the TV munching on cookies improves your health.

### **As the slogan goes – Just Do It!**



April , 2019

## Board Member Maxine Adams



Maxine Adams grew up in New York and spent 30 years on the southern coast of Maine - but she always wanted to live in the state where she learned to ski. So, when her son and daughter stayed in VT after graduating Johnson State, she and her husband, Bob, moved to VT to build "the house they should have built the first time."

Maxine finally got the chance to put her MSW to use in her "pre-retirement job" working as the SASH Coordinator in Lamoille County - helping older Vermonters access the resources they need to age at home. For her, being a founding member of Lamoille Neighbors is a chance to expand the SASH mission as well as become part of a supportive network.

Our first public event, April 6th, was a great success with over 60 people attending the film, *Lives Well Lived*.

It was wonderful to spend an afternoon being absorbed in the richness of the lives in this movie. These five questions were asked during the film and we thought they would be great questions to discuss with family and friends.



What's your definition of a life well lived?

What is your secret for a happy life?

What is the one thing that people should not worry about?

What do you wish younger people understood about life?

What do you think about your own mortality?

Thank you to Amy Olsen and the Lanpher Memorial Library for co-sponsoring and hosting this event.

## Join us for our next public event



April 26th, Madeleine Kunin, 6PM. Green Mountain Technology and Career Center, Community Room. Sponsored by Lamoille Neighbors and Lanpher Memorial Library. A reading and talk with Madeleine Kunin, Vermont's first, and to date, only woman governor and author of a new memoir, *Coming of Age: My Journey to the Eighties*. Life expectancy, for many, is increasing, yet people rarely contemplate the emotional changes that come alongside the physical changes of aging. Madeleine wants to change that. *Coming of Age: My Journey to the Eighties* takes a close and incisive look at what it is like to grow old. The book is a memoir, yet most important of all, it is an honest and positive look at aging and how it has affected her life.



### Wild Storytelling by Eric Nuse

May 16th, 6 PM at the Lanpher Memorial Library  
Eric Nuse is a retired game warden. In his 16 years in the field covering Lamoille County he met lots of interesting folks, some of whom he escorted to jail, but most became his friends. There were lots of encounters with rambunctious coons, love lorn moose and hungry bears. Some of his best known stories are in the Vermont Wild books and are currently being considered for a TV series.

### Why be a Member of Lamoille Neighbors:

- Make new fulfilling friendships
- Social/cultural and educational activities that keep us connected and engaged. Many activities are just for Members.
- Support from vetted Volunteers when needed.
- Support for this innovative solution that will help us age in our own homes for as long as possible.



**Member Only Activities:**

Walking Wednesday beginning May 1st

Feast Friday May 10th, 6PM at Kathy and Ken  
Geiersbach

More to be announced.

**COMMUNITY CORNER: Calendar of Events that might be of interest**

**Lanpher Memorial Library** is sponsoring 2 events that are free and open to the public. They are all at 12:00 at the Sterling View Community Center

Monday, April 8th: Advance Directives

Monday May 13th Better Business Bureau Speaker on Scams, Fraud and Identity Theft.

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**Lamoille County Civic Center:**

April 17th, 1:30 Explain Options for Medicare, presented by MVP

April 24th, 1:30 Elvis Era Rock nRoll Session. Mark Shelton, Vermont Elvis Impersonator

May 8th, 1:30 Explain Options for Medicare, presented by MVP

May 15th, 1:00 Eating Well On a Budget, Presenter Jean Copeland, Dietician at CVCA

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**Age Out Loud.** May 4th, 7:30 Barre Opera House. An Evening of comedic storytelling about aging and families to benefit Central Vermont Council on Aging

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**Second Congregational Church** Hyde Park, April 12th, 5PM

Old-fashioned Church Dinner (\$8.00 adults & \$4.00 children 12 & under), followed at 7:00 p.m. by - Beg, Steal or Borrow Concert (renowned blue-grass band) (\$10.00 donation at the door). People can attend one or the other or both.

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**Friends of Lanpher Memorial Library:** Paddling With Pups, May 7th, 6PM. Exploring the natural world of our local lakes, with 4-legged companions, is presented by nature lover, Sheila Goss.

## Update on Lamoille Neighbors

- We have a very generous donation of a temporary office space from the Park Street Collective, LLC, 200 Park St., Morrisville.
- We have a very generous donation of office equipment from Jack Wool.
- Volunteers are now taking calls Monday, Wednesday and Friday from 10-4 802-585-1233. Leave a message if we don't answer.
- Joan Greene is our Volunteer Coordinator and she is busy getting applications, background checks and updating the Volunteers on our policies and procedures. We currently have 12 volunteers through the vetting process.
- Olea Smith-Kaland and Ellen Gibs will be doing our Member interviews, exploring what Members are interested in and what they also have to offer. They will be reviewing the Member handbook with Members. We currently have 24 Members.

Join this exciting movement as a Member, Click [HERE](#)

As a Volunteer, Click [HERE](#)

As a Donor, Click [HERE](#)

Or any combination of the above! Volunteers can be Members and Members can be Volunteers and anyone can be a donor.

We need volunteers to not only do direct services but to serve on committees/task groups or do office/administrative work.

Please consider joining one of these committees:

Social/cultural/educational committee

Outreach Committee

Grants Committee.





March 20th, six Members celebrated the first day of spring with a fabulous full moon snowshoe.

Let us know what you're interested in and whether you want to lead a social, cultural or educational activity for Members.

We all have something to offer each other.

Thank you to our community supporters



Park Street Collective, LLC

