



## LAMOILLE NEIGHBORS

Lamoille Neighbors has completed our first month of offering services.

- We've had three very successful public events: our launch party, the movie *Lives Well Lived* and a reading/talk by Madeleine Kunin.
- Our new office space has been christened with its first meeting. Thank you all who donated items, helped move furniture and helped hook up the technology.
- We're happy to announce that we are accepting members from Johnson as well as Hyde Park and Morrisville
- Services have started. We have driven members to events, to medical appointments and to visit family/friends.
- Our software system is working smoothly! If you need a service call 802-585-1233 or log into the website, go to the member tab and put in a service request.
- We currently have 28 members, and 20 vetted volunteers. If you'd like to volunteer please fill out the application on our website or call our #. We have many opportunities for volunteering, such as: transportation, office work, friendly visits, providing meals post surgery, handyman services.
- We started our first wellness activity for members, Walking Wednesday. This is for all no matter your speed.

Our new office.



May, 2019



120 people attended the Madeleine Kunin event on April 26th. Madeleine is an inspiring role model for aging! Stub Earle and Madeleine got to reconnect after many years.

Thank you to the Lanpher Memorial Library for co-hosting this event and to Ben and Jerry's and Price Chopper for a grant for cultural activities. Photo credit, Amy Olsen

### *Hands*

*The woman sitting next to me  
has purple-veined hands,  
thick as ropes.*

*I look at my hands,  
only a shade lighter.  
Inky veins bulging  
out of my paper skin.*

*How could I be  
almost like her?*

*By Madeleine Kunin*

Join us for our next public event  
**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.

### **Bio for Board Member Judy Clark**

As a young woman, I started working in office administration. I worked many years at the Vermont State Hospital in the human services and rehabilitation departments. Through that work, I realized I had more interest in working with people than with files and office equipment. I trained in group and family therapy and worked with patients and their families.

In my late thirties, I decided to go back to school, and earned my degree in Prevention and Community Development. In the years following, I worked in the human services, education, prevention and community development fields. I was a VPICT (Vermont Prevention Institute Consultation Team) member for a number of years, coordinating the services for two of those years. After I left the state, I worked for Lamoille North Supervisory Union as Health Resource Coordinator, serving the entire district.

My husband, John and I co-owned and operated Applecheek Farm in Hyde Park for over forty years. The farm was a diversified dairy farm, with a small sugaring operation, offering agri-tourism. We offered farm tours, school field trips, motor coach tours, llama treks, and horse and wagon/sleigh rides. We had a commercial kitchen and community hall, where we offered dinners, workshops, retreats, family reunions, birthday parties, weddings, etc. Our two sons, John and Jason, returned home to become part of the business. Young John worked with the dairy and crops, eventually taking over ownership of Applecheek Farm. Jason was our chef and operated his catering business out of our commercial kitchen, JDC's Just Delicious Catering. It was a busy place!

An interesting part of my life while farming was the experience of hosting over 50 exchange students from around the world. As a result of hosting these students, my family and I had the opportunity to travel to other countries and experience other cultures and languages.

On the personal side, I have had an interest in alternative health modalities. I have studied Homeopathy with a Homeopathic Study Group for years. I became certified as a Reiki Master. Over many years, I have led the aging population and people with handicaps in Chair Yoga. I try to treat my family's health issues with alternative, less invasive methods when at all possible.



I have been active in church life, spending the majority of my efforts on fund raising and missions – both locally and globally. I have spear-headed the Hyde Park Community Circle for about twenty years, with the intention of supporting community development.

When I learned of the concept of Village to Village, whereby efforts are made to support elders in finding quality of life while maintaining and sustaining themselves in their own homes, I wanted to do my part in developing this program here in my own area. As the aging population here in Vermont is booming, I feel that state and federal services are going to fall short of being able to provide adequate services. I have always had a strong belief in community and neighbor helping neighbor, and I am pleased to be part of an effort to bring that concept into fruition.



May 10th, 18 members attended another fabulous potluck.



**Why be a Member of Lamoille Neighbors:**

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

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



7 members had a great afternoon of kite flying.

Thanks to Mary Miller for organizing and making the kites!



**COMMUNITY CORNER: Calendar of Events that might be of interest. If you're a member let us know if you need transportation to any community events.**

**Lanpher Memorial Library**, free and open to the public. 12:00 at the Sterling View Community Center  
Monday May 13th Better Business Bureau Speaker on Scams, Fraud and Identity Theft.

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**Lamoille County Civic Center:**

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

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**Stowe Performing Arts**, Noon Music in May. Stowe Community Church 12-1PM

May 15th, 8 Cuerdas Duo and the Gaviria and Andreas Guitar Duo

May 22nd, Craftsbury Chamber Players, viola and piano

May 29th, Renaissonics, handcrafted Renaissance instruments

### OF SPECIAL INTEREST

#### Upcoming Film Presentation Sponsored by Central Vermont Council on Aging

Don't miss this amazing film! "Being Mortal" will be shown on Tuesday, May 14, 2019, at 6:30 p.m. at the Varum Memorial Library, 194 Main Street, Jeffersonville, VT. This one-hour film, based on Atul Gawande's best-selling work of non-fiction, is "a personal meditation on how we can better live with age-related frailty, serious illness, and approaching death. It is also a call for a change in the philosophy of health care."--New York Times. CVCOA Executive Director Beth Stern, along with Nina Thompson from the Vermont Ethics Network, will lead a discussion after the showing of the film. There is no charge for this event.



Walking Wednesday, all levels of walkers welcome!

Thank you to our community supporters



Park Street Collective, LLC

