



LAMOILLE NEIGHBORS

Updated news for Lamoille Neighbors:

- ◆ We had two wonderful member only events in June.
A history and storytelling tour of Hyde Park led by member and volunteer Jack Anderson.
A fascinating nature walk led by Lamoille County Forester, Rick Dyer.
- ◆ We have continued with our on-going walking Wednesdays and music in the morning on Thursdays. If you're a member please join us and if there is another member activity you would like to organize please let us know.
- ◆ Our first annual meeting will be August 31st with a potluck and a corn roast.
- ◆ Our next public event will be VPR's veteran journalist, Bob Kinzel, October 29th. More details to come. Save the date.
- ◆ We currently have 35 members and 25 volunteers.



Counting rings on a core sample to assess the age and health of trees.



Article By Board Member Ellen Gibbs: On Caregiving

According to AARP about 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months.

Emotional support is a big part of caregiving. Most adults say they provide some emotional support for their aging parents, but more women say this than men. Fully 68% of adults say they do this at least sometimes, including about one-third who provided emotional support to their parent frequently. Some 39% of women say they provide emotional support frequently to an aging parent compared with 30% of men according to a Pew Report

Who is a caregiver? Many people think that they are not caregivers if they don't provide direct physical care. Not so. If you provide any kind of assistance whether physical or emotional you are a caregiver. If you grocery shop, remind a person with dementia about appointments or organize a person's medicine then you are a caregiver.

As anyone who has cared for an elderly parent, disabled partner and/or child knows the experience can be both fulfilling and exhausting. Emotionally it is very difficult to watch a person you love deteriorate and become a person whom you hardly know.

Many folks who care for an elderly relative feel that it is their loving duty to care for a person who has cared for them most of their lives. That having been said, the experience can be all consuming and isolating. Working caregivers are stretched to the limit with the responsibility of work and caring for a loved one.

One barrier to good caregiving is not taking care of yourself. If you do not care for yourself it will become increasingly difficult to care for the person you love and want to help. Some examples of ideas that interfere with your ability to be a successful caregiver:

1. Do you think you're being selfish if you put your needs first?
2. Is it frightening to think of your own needs?
3. Do you have difficulty asking for what you need? Do you feel inadequate if you ask for help?
4. Do you feel that you have to prove that you are worthy of the care recipient's affection? Do you do too much as a result?

Some common misconceptions that cause increased stress:

1. I am responsible for the health of the person for whom I am caring. I have failed if they become sicker. If I had been a better caregiver they would not have fallen or gotten sick.
2. If I don't do it, no one else will. I am the only one who can do it "right".
3. If I do it right, I will get the love and attention and respect I deserve and feel I never got from the person I'm caring for.
4. I promised my father I would always take care of my mother.

Positive self-talk can be very helpful in your success as a caregiver. Rather than "I never do anything right" you could think "I am very good at helping my mother dress and bathe". Instead of "I could have prevented the fall", "I did everything in my power to keep my mother safe. I can't watch her 24 hours a day. I, too, need to sleep".

Last the Caregiver's Pledge from the Family Caregivers Alliance:

1. I will understand that I can't care for anyone else if I don't also care for myself.
2. I will remember that the only person I can change is myself. I cannot change my loved one.
3. I will find opportunities to laugh daily.
4. I will get away from my caregiver duties regularly even if it is only to walk around the block and breathe some fresh air, visit a friend or go to the movies.
5. I will learn as much as I can about my loved one's illness so I can care for him or her with better understanding for us both.
6. I will seek a caregiver's support group in person or online (see Alzheimer's Association, local hospital or Council on Aging).
7. I will say yes when people offer help. I will ask for help even though it may be hard.
8. I will use community services. You do not have to be a lone ranger.
9. I will remember that I am loved and appreciated even when my loved one can't tell me that.

Resources that may be helpful: AARP, The Alzheimer's Association, Family Caregiver's Alliance. Much information can be found on the internet.



Upcoming Member Event

July 27th Garden Party members. Visit 3 gardens with a progressive meal, starting at 11. Details will be sent out soon.

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.*

Live Music At The Oxbow Wednesday's 5PM

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Jedediah Hyde Ice Cream Social, July 15th, 6PM Sponsored by the Hyde Park Community Circle

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Artist Panel Discussion at Helen Day Art Center, August 2nd 5:30. Come hear Dusty Boynton, a member of Lamoille Neighbors

Kathleen Geiersbach, Board Member



Kathy is a New England transplant, having been born and raised in Pasadena, California. She left the West to go to college in Massachusetts, where she graduated from Wellesley with a BA and a biology major. Then it was on to Brown University, where she earned her MA in Classics and completed the course work for a Ph.D. Kathy met her husband of 52 years in Rhode Island where they both lived for the next 26 years. Kathy started teaching at an independent school in Rhode Island and went on to hold several administrative positions, including upper school head and assistant head. Meanwhile, she and Ken had six children (why the Ph.D. was never completed). They bought a little piece of heaven in Vermont, where the 8 of them spent vacations and lived there all summer.

In 1992, Kathy became academic dean at a boarding school in Colorado Springs, where the family lived for five years until she was named founding head of a new independent school in Boise, Idaho. After 2 years it was time for another change, and the family returned to New England, where Kathy was trained in computer programming and spent 6 years working as a data analyst for the human resources department of a nonprofit community hospital. When she and Ken retired in 2006, Kathy had spent close to 40 years working in the nonprofit sector.

Ken and Kathy retired to their home in Hyde Park, Vermont, where both soon became involved in volunteering for the Lanpher Library. In April 2018, Kathy joined with others in the community to help found Lamoille Neighbors. She serves as treasurer on the board.





Fabulous “Feast Friday Potluck” with conversation, laughter and getting to know each other better. Thank you Dusty for being such a gracious host and for setting a table that was a work of art!

Why be a Member of Lamoille Neighbors:

- Make new fulfilling friendships
- Attend social/cultural and educational activities that keep us connected and engaged. Most 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.

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