



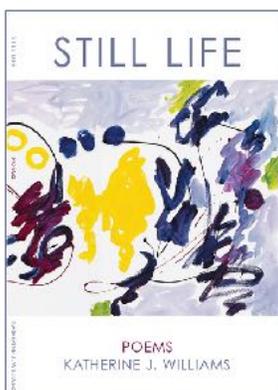
## LAMOILLE NEIGHBORS

Call Vanessa at 802-585-1233 if you need help registering for an event or need transportation. Office hours are Monday and Friday from 12-4 and Wednesday 9-1.

**Our monthly Coffee Hour, July 7th, 10:00 a.m.** at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. If you would like to participate, please call Vanessa at 802-585-1233 or register on the website [HERE](#) .

**Sunset Walk, July 2nd, 7:30 p.m.** We will meet at Michael Wickenden's home, 446 Tenny Hill Rd. Hyde Park. We will do a 1 mile easy dirt road walk. Bring a chair and we will sit by Michael's beautiful garden and watch the sunset. Register [HERE](#).

**Outdoor Grill and Potluck Lunch**, July 8th, 12 p.m. at Pixie Loomis' house 1701 Cleveland Corners Rd. Hyde Park. Come celebrate the height of summer with good food and good friends! Lamoille Neighbors will be providing the food to be grilled at this outdoor potluck so feel free to bring a side dish to share or a dessert. These gatherings of friends and the sharing of delicious food is always a treat. Rain date July 9th. If you're unable to bring food, come anyway. We always have plenty. This is a member event, but if you are a volunteer driving a member or helping to set up please stay and enjoy the company and the food. Register [HERE](#) .



**Poetry reading by Katherine Williams with harp music by Linda Young in Steve Young's chapel in the woods, July 14<sup>th</sup>, 3-4 pm, 242 Keeler Road, Wolcott.**

Steve has been building this chapel loosely based on medieval Norwegian stave churches for a number of years. He and his wife, Jan, hosted a very popular concert for us last fall at the chapel.

This year we have invited poet Katherine Williams to read from her recently published first book of poetry, *Still Life*. She lives in Washington D.C. and has summered for many years in Greensboro. Katherine is an art therapist and clinical psychologist and was the Director of the Art Therapy Program at George Washington University, where

she is now Associate Professor Emerita. She also taught at the Goucher and Vermont College summer Art Therapy programs. She writes: "As a poet I search for images that, when combined, create a truth composed of newly relating parts. I feel fortunate to have lived so long with so much delight in discovery."

Katherine will be accompanied by musician Linda Young from Montpelier (she played



last year as part of a trio). She has completed graduate study in vocal performance at both the New England Conservatory of Music and Boston Conservatory at Berklee.

Now that she is retired from a career mostly at Charles Schwab, she is enjoying immersing herself in an eclectic mix of music, instruments, and music communities.

There is a dirt path to the chapel which would not be accessible for members who need assistance. Chairs will be provided, and there will be light refreshments afterwards. Following that, for those who wish, Steve and Jan are inviting attendees to walk down a relatively short path to Wolcott Pond to enjoy the view and perhaps take a swim. **Registration is limited to 20 members.** Register [HERE](#).

**Time for some fun outdoor music, July 16th, 3 pm** at Sue Moore's house, 114 Langdell Rd. Hyde Park. Marc Roy and Brian Woods will be performing an acoustic set of classic rock and roll for Lamoille Neighbors. They first met in 1991 when they were both state employees working for Vermont's Department of Environmental Conservation. They each learned that the other played guitar and would frequently play together during lunch breaks. At that time Marc's sons were budding musicians and Brian often sat in with the Roy family band. In 2005 Marc and Brian were founding members of "The Lapsed Catholics," a garage band of sorts made up of co-workers. The Lapsed Catholics have played at several work functions and parties over the years. Please join them for a rocking good time!. Register [HERE](#).

## Hiking Group

**July 3rd, 9:30 Marston Loop, Sterling Valley.** This trail is 4.7 miles with 643 ft of elevation. It begins at the parking lot for the main gorge. Direction; Sterling Valley Rd. for 4.4 miles and then take a left on Sterling Gorge Rd.. Drive 0.1 miles and you'll see a small parking lot on the right. (For those who went on the Upper Gorge Loop this is the next parking area). Register [HERE](#).

**July 17th, 9:30. Mt Mansfield Cross Country Ski Touring Center.** We will walk some of their beautiful trails doing a 4-5 mile loop. There are many options to shorten the route. Register [HERE](#).

**July 31st. , 9:30. Little River State Park.** We will do the Dalley loop history hike. This is a 3.8 mile loop that follows an old town/logging road. There is 784 ft elevation gain. The trail is named after Dan Dalley, a local Civil War Veteran who fought in 16 battles. He bought the property in 1878. At one point about 50 families lived in the area where the park is today. Click [HERE](#) to read the history of where we'll be hiking. Bring your lunch and we'll find a picnic table at the end of the hike to sit down together and visit. This is a 45 min drive, so consider carpooling. At the traffic circle in Waterbury take Rt 2 West for 1.3 miles and turn right onto Little River Rd. In 2.2 miles turn left to stay on Little River Rd. for 1.2 miles more, then a slight left for .6 mi. You'll see a parking area on the right and a kiosk on the left. Bring your Vermont State Park pass. Register [HERE](#).

## Ongoing Events

**Article Discussion Group on Zoom, every other Wednesday from 9-10 AM. We are taking a break for July and August and will be back in September.**

**Yoga with Faith Bieler is taking a break until September.**

**Chickpea Salad**, from Natasha's Kitchen, shared at potluck by Sue Moore

### Ingredients

3 Tbsp extra virgin olive oil  
 3 Tbsp lemon juice  
 1 clove garlic pressed or minced  
 1/2 tsp sea salt  
 1/8 tsp black pepper  
 1 1/2 cups cherry tomatoes, halved  
 1 English cucumber, halved and sliced  
 15 oz chickpeas, or garbanzo beans, drained, rinsed  
 1/2 medium red onion, thinly sliced  
 1 avocado  
 1/4 cup cilantro, chopped  
 4 oz feta cheese, diced

### Instructions

Combine the dressing ingredients in a small bowl (olive oil, lemon, garlic, salt, pepper) and whisk to combine.

Combine remaining ingredients into a salad bowl, add dressing and toss to coat.



A HUGE shout out to Wiffy Brooks for the **Everyone has a Story To Tell** project. Our exhibit in Montpelier for the CVCOA Creative Aging Celebration was fabulous. Thank you to the many helping hands who helped set up and who sat at the display to greet folks. And a really big thank you to Wiffy. She not only wrote the grant and implemented it, she also spent countless hours organizing the presentation in Montpelier as well as so much more. You rock!



The visual storytelling section of “Everyone Has a Story to Tell”, has an exhibition at the Morrisville Post Office. Stop in and see this amazing work. Thank you to Nan Carle Beauregard who was the instructor and inspiration for this group and to Ward Rice who did the printing and helped to hang the show with Nan, Nancy Banks, Beth Springston, Pat Modzelewski and Jo Harrison.



25 members attended our first 2023 potluck. Delicious food, as always, and lively conversation. Thank you to Pat and Dave Modzeleski for hosting us at your beautiful home.

Welcome to our new volunteer, Karin Vossler from Wolcott and to our new member Donna Owens from Wolcott.

Donna Owens





Hiking group at Hardwood Flats in Elmore and at the Upper Gorge in Sterling Valley.



Sunset walk/full moon rising on Davis Hill Rd, Hyde Park



During our bird walk with Bridget Butler (the Bird Diva) we practiced not identifying birds right away but observing habitat, flight pattern, shape, color and size of the bird. We also learned about a “sit practice” where we all found a spot to sit for 20 minutes and just observed. We were so absorbed in being in the moment that no photos were taken. This photo is lunch after the outing. 9 members enjoyed this educational, as well as social outing.



Lamoille Neighbors wants to thank member Sue Aikman for her gracious help in updating our website. Take a look at the changes which we think make it much more user friendly. Sue is also helping us update both our Member and Volunteer Handbook. Her seasoned tech eye is just what we need.

\*\*\*\*\*

## **Tips for Handling Falls, Emergencies, and Rescues by Board Member Maxine Adams**

### ***FALLS:***

Falling is not fun and if you are lucky, your fall is without injury and you can help yourself up. However, if you do fall and can't get up on your own, there is help available. Your town fire department offers "lift assists" which are done by their Emergency Medical Services (EMS) without charge. To initiate a "lift assist" you call 911.

If it is determined by the EMT (Emergency Medical Technician) that you need to be taken to the ER, then the services would be paid by you or your insurance. If someone is requesting the service several times a week, the EMT will initiate a discussion about resources to help you as they don't have the ability to respond that often.

Of course, if you have fallen, it is probable you are not able to reach your phone. Some solutions to that dilemma are:

- Install a Personal Emergency Response System which is offered by companies with devices that fit your needs (you know, the watch, bracelet or necklace which you wear and it detects falls and calls 911 for you)
- Wear your Cell Phone around your neck or in a "fanny pack" during the day so it is on you when you need to call 911

On the preventive side, there are ways to make your home more "fall proof." If you ask your primary care provider for a referral to Home Health and Hospice, you can get a Physical or Occupational Therapist to do a walk-through with you. The focus would be on how to make changes that will improve your chances of staying on your feet.

**EMERGENCIES:**

For older Vermonters living alone, handling an emergency is dependent on how well you prepare.

There are three steps to Emergency Preparedness:

1. Have a plan for each type of emergency – in Vermont it will likely be a flood or a severe storm (snow/rain/wind resulting in power outage); but with climate change, fires and temperature extremes will become increasingly likely.
2. Know your resources for help – who can you count on to assist you and/or rescue you – be it friend, family, or public services – and keep their contact information handy. Posting on the fridge is a good place for the list as you are frequently reminded of the list every time you open the door.
3. Make a “Go Kit” and a “Stay Kit” - create appropriate disaster supply kits packed with enough items to last for at least three days. You can get more information from websites (some of which are listed below).

**RESCUES:**

Hopefully, an emergency won't get to the point where you need rescuing. However, if a real disaster does occur, the E911 system in Vermont assures that the agency providing rescue services knows where you live, knows you will need help to leave your home, and knows you will need to be transported to safety. Here is the website where you can find the form and register:

[https://e911.vermont.gov/sites/nineoneone/files/documents/E911\\_Care\\_Instructions.pdf](https://e911.vermont.gov/sites/nineoneone/files/documents/E911_Care_Instructions.pdf)

**Websites With More Details:**

Red Cross

[https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_\\_Disaster\\_Recovery/Disaster\\_Preparedness/Disaster\\_Preparedness\\_for\\_Srs-English.revised\\_7-09.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness__Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf)

National Institute on Aging

<https://www.nia.nih.gov/health/disaster-preparedness-and-recovery-older-adults>

Vermont Government/Green Mountain Guide for Emergency Planning

[https://vem.vermont.gov/sites/demhs/files/documents/GrnMtnGuideforEmergPlan\\_2020-05-17.pdf](https://vem.vermont.gov/sites/demhs/files/documents/GrnMtnGuideforEmergPlan_2020-05-17.pdf)

Vermont E911

<https://e911.vermont.gov/care>

Vermont 211

<https://vermont211.org/our-role-in-disasters>

Save the date for our annual meeting and potluck, September 23rd, 5 pm. Location to be announced in the August newsletter.



### July Birthdays

Maxine Adams  
Nan Carle Beauregard  
Tom Beauregard  
Vivian Norton

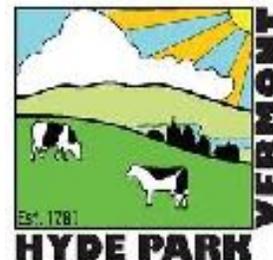
Diversity is a source of strength, creativity, and innovation for Lamoille Neighbors. We commit to creating an environment that welcomes and values the contributions of each member, volunteer and staff person and respects their identity, culture, background, and abilities, thus enriching Lamoille Neighbors.

### THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

The Richard E. & Deborah L. Tarrant Foundation



Howard Manosh



Peter Bourne



THANK YOU TO ALL THE INDIVIDUAL DONORS WHO HELP MAKE LAMOILLE NEIGHBORS SUCCESSFUL