



LAMOILLE NEIGHBORS

We wish our members and volunteers a peaceful holiday season. We know the holidays can also bring stress, so please let us know if we can help in any way: take you shopping, a friendly visit, help with decorations, etc..

Member only events for January

January 10th - Full Moon Snowshoe

January 12th, Soup Sunday, 1 PM. We will provide 2 soups, bread and dessert. It's a time to get to know fellow members and enjoy each other's company.

January 16th, Movie, 2PM. The first movie will be *The Grass Harp* based on a Truman Capote novel. This 1995 film stars Sissy Spacek, Walter Matthau and Piper Laurie and "celebrates rebirth and renewal but within a tough-minded view of life that never allows it to lapse into a fairy tale".

January 25th, Game Afternoon, 1PM
Cards, board games, etc. We'll have lots of options but bring your favorite too.

Member only events for February

February 6th, Writing An Ethical Will. Judy Clark will lead us in a workshop on what we want our friends and family to know about us. There will be a follow up workshop March 5th. Both dates will be at 1PM.

February 7th, Feast Friday 5 PM. Our every other month potluck supper.

February 9th, Full Moon Snowshoe

Let us know if you need transportation to any events

Lamoille Neighbors is thrilled to have a new partnership with River Arts in Morrisville and a continued partnership with the Lanpher Memorial Library in Hyde Park

River Arts Events that might be of interest to our members:

Poetry Clinic. Drop-in every 1st and 3rd Tuesday of the month, 6-8PM. \$5 donation suggested

Elder Art Group. Drop-in every Thursday, 10-12. Free to adults 60 and up. Want to talk art, get project ideas, share techniques and tips on media? Bring your own art supplies or use available supplies at River Arts.

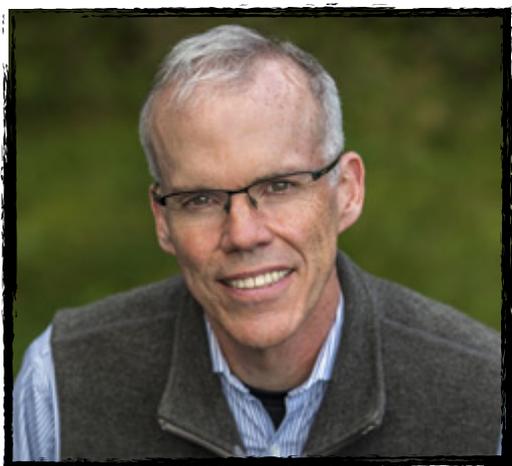
River Arts Photo Coop, Drop-in 3rd Thursday of the month, 6-8PM. Suggested donation \$5.

Check out River Arts websites for other classes and events. <https://riverartsvt.org/>

Events at Morrisville Civic Center

Music by John Dudley - Open to the Public
Wednesday, January 8, 2020, 1-2PM
Co-sponsors VCIL

Assisted Technology Devices to Live Independently - open to the public
Presenter: Tracy Roux, A.T Access Specialist, Vermont A.T Program and UVM CDCI
Wednesday, January 22nd, 2020, 1-2PM *Co-sponsors VCIL*



SAVE THE DATE. Lamoille Neighbors is sponsoring a talk by Bill McKibben March 12th.

Bill McKibben is an author and environmentalist who in 2014 was awarded the Right Livelihood Prize, sometimes called the 'alternative Nobel.' His 1989 book *The End of Nature* is regarded as the first book for a general audience about climate change and has appeared in 24 languages. He's gone on to write a dozen more books. Bill is a founder of 350.org, the first planet-wide, grassroots climate change movement, which has organized twenty thousand rallies around the world. His newest book *Falter* is a powerful and sobering call to arms, to save not only our planet but also our humanity itself. Bill McKibben is a Schumann Distinguished Scholar at Middlebury College.



Twenty members attended the Feast Friday December 13th. Thank you Olea for hosting. Great food, good conversation and lots of laughter.



Joan Greene, Lamoille Neighbors Vice-President, attended the 11th Annual Conference of the Village to Village Network this fall in Chicago: Connecting Generations.

“Who will change my light bulb?”

This was a question posed by a Village to Village member from New Zealand at the conference.

Hundreds of conference attendees from across the U.S. and as far away as Australia and New Zealand met and shared ideas. They represented some of the 260 open villages and 80 developing villages in this national movement.

There were many speakers, workshops and time to connect with other villages. Joan returned from the conference with ideas and strategies for our board moving forward in 2020.

Each year there is a different theme for the conference and this year the emphasis was on combating loneliness and social isolation by connecting generations through activities. Examples are seniors providing story telling and oral history with children, school groups engaging elders through technology, seniors reading to youth, health screening by college volunteers and more.

Many speakers addressed the need to provide services to members of the middle class who did not qualify for government or poverty programs. A.A.R.P. related that by 2030, 43% of older adults will not be eligible for most public programs. There was much discussion about the “forgotten” middle class and how villages such as Lamoille Neighbors are in a unique position to serve that population.

Volunteerism was a common theme in many of the presentations and roundtable discussions Joan attended. Participating in village activities gives one purpose and meaning. Conference speakers urged villages to work to combat ageism and promote more positive self-perceptions of aging. The volunteer changing the light bulb for a senior is part of this grassroots movement of social change.

This annual conference is a way for Lamoille Neighbors to meet and share ideas and information with other villages. Attending gives us inspiration as we look towards our future.

Want to reach our program manager? Call Bonnie at 802-585-1233. You can leave a message or e-mail lamoilleneighbors@gmail.com anytime and she will get back to you during the below hours.

Monday 10-2

Wednesday 11-2

Friday 9:30-12:30

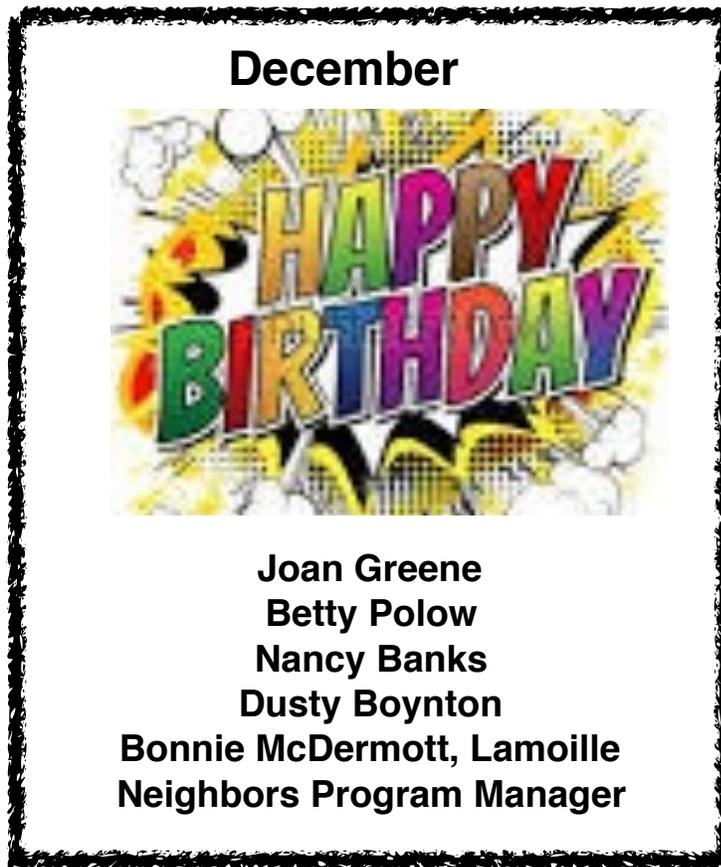
Fraud Watch

Six members of Lamoille Neighbors attended the Vermont Fraud Watch Presentation by AARP at the Civic Center in Morrisville. We learned that no one will EVER call from the IRS, Social Security or Medicare unless they are returning your call. These calls are 100% scam. The top scams in Vermont are imposter scams, computer tech support scams and debt collection. In 2016, 21 million people lost 19 billion dollars in the U.S.. We have a file of information in the office from AARP about fraud prevention if you have questions.

The Vermont Consumer Assistance Program is 800-649-2424 www.uvm.edu/consumer

AARP's weekly podcast, *The Perfect Scam*, profiles America's biggest scam stories. The series introduces listeners to compelling personal stories from scam victims and their families. Interviews with professional con artists and leading experts on the topic pull back the curtain on how scammers operate and share tips with listeners on how best to protect themselves. Here's a link to a holiday scam.

<https://www.aarp.org/podcasts/the-perfect-scam/info-2019/santa-claus-scam.html>



Join this exciting movement as a Lamoille Neighbors 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.

Have a suggestion, a comment, an idea? Call 802-585-1233 or email us at lamoilleneighbors@gmail.com

Why it's great to become a member

- 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

Thank you to our community sponsors



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