



LAMOILLE NEIGHBORS

To Our Members and Volunteers

- ❖ **Charlie Nardozzi, June 9th, 7 PM. Our monthly Zoom summer speaker series will be offered to members and volunteers of Lamoille Neighbors.** This is part of our ongoing effort to provide activities during this coronavirus time which may provide fun, education, diversion and connection. Nardozzi will speak on perennials and shrubs for problem areas in your garden: shade, slopes, hot, dry areas, clay soil, etc.. The presentation will be 1 hour plus time for questions. Charlie Nardozzi is an award winning, nationally recognized garden writer, speaker, radio, and television personality. He has worked for more than 30 years bringing expert gardening information to home gardeners through radio, television, talks, tours, on-line, and the printed page. You must register by emailing Lisa Dimondstein at lisadimondstein@me.com.
- ❖ American Museum of Natural History: Explore [three virtual exhibits](#) at this New York City institution.
- ❖ **Georgia O’Keeffe Museum:** Explore [six virtual exhibits](#) at this Santa Fe-based museum which preserves Georgia O’Keeffe’s artistic legacy.
- ❖ Virtual Choir [You’ll Never Walk Alone](#)—singers and musicians from all around the world.
- ❖ [Live with Carnegie Hall](#) is a new series of performances you can watch live-streamed or on-demand. A wide variety of performers and music. Free.
- ❖ [The beautiful Dutch garden Keukenhof photographed](#) (without people!) by Albert Dros, a wonderful Dutch photographer.
- ❖ Betty Polow, member, shared the [National Institute of Aging](#) website. You can sign up for weekly e-mails. The exercise article on page 4 is redacted from information from this website.
- ❖ Barbara Stern, member and volunteer, shared this hilarious Buster Keaton skit. She says this is a perfect description of social distancing. [Buster Keaton](#)

Brainteasers (Answers on last page)

1. What makes this number unique? ---8,549,176,320
2. A sundial has the fewest moving parts of any timepiece. Which has the most?
3. What belongs to you, but everyone else uses it more?
4. Many people have heard me, but none have seen me. I will not speak until spoken to.
What am I?

**Recipe submitted by member and
volunteer Paula Ratchford, Stowe
Sausage and Cheese Breakfast Cups**

These egg “muffins” make a hearty breakfast that can be eaten on the run. Make them ahead and warm them in the microwave for a fast and slimming breakfast treat. Change them any way you can imagine.

4 ounces turkey sausage or crumbled turkey
bacon

1/2 (green) bell pepper, chopped

1/4 onion, chopped

5 large eggs

1 can (12 ounces) sliced mushrooms,
drained (fresh work)

1/2 cup (2 ounces) shredded reduced-fat
Cheddar cheese

Coat a 6-cup nonstick muffin pan with
cooking spray or line with paper baking cups
(parchment paper cups that you can find at
the grocery store are great for having the egg
not stick, and you don't need a nonstick pan).

In a medium nonstick skillet over medium-
high heat, cook the sausage, pepper, and
onion for 5 minutes, or until the sausage is no
longer pink. Spoon the mixture into a bowl
and cool slightly. Stir in the eggs and
mushrooms. Evenly divide the mixture
among the prepared muffin cups. Sprinkle
with the cheese.

Bake for 20 minutes, or until the egg is set.

**Submitted by Paula Ratchford
Orange Greensicle Smoothie**

1/2 cup unsweetened vanilla almond milk
(I use 1 cup)

1 tablespoon pure acacia fiber

2 cups spinach

1/8 tsp orange zest (I take a grate to the
outside of a washed, organic orange and
put in lots)

3/4 cup orange segments (I use a whole
seedless orange)

1 tsp vanilla extract

1 serving protein powder

1/2 cup crushed ice, or small cubes of ice

Put the spinach, orange zest, orange
segments, almond milk, fiber, and vanilla
in a blender and blend until smooth.

Add the protein powder and ice and blend
until smooth

Serve in a tall glass

Add 1 1/2 tsp coconut manna for extra
creaminess

per serving (adjust for your ingredients)

247 calories

2.5g fat

32g protein

28g carb

9.5g fiber

450mg sodium



Lost Nation Theater, 2019, "Turn of the Screw"

Donna Stafford, a member of Lamoille Neighbors, has enjoyed working with Lost Nation Theater for many seasons as a set designer, painter and prop creator. Her first show was Collected Stories and since then productions include To Kill a Mocking Bird, Lies and Legend, The Belle of Amherst, Woody Guthrie's American Song, The Miracle Worker, Glass Menagerie, A Song For My Father, Judevine, Henry V, Death Trap and many others.

She worked with George Woodard on his film, The Summer of Walter Hacks, creating Grace's Diner and the machine shop and



Lost Nation's production of David Budbill's "Judevine", 2017. Donna designed and painted the set including the stone work and floor.

acting as scenic consultant. Lamoille County Players introduced her to the theater experience. She brought "Gilbert" the goat to life for Joseph and The Amazing Technicolor Dream Coat.

Shows as set and scenic designer for Lamoille County Players include: Wind in the Willows, Beauty and the Beast, Noises Off, The Odd Couple Female Version and The Sound of Music. And for Stowe Theatre Guild some productions are Aida and Songs for a New World. Art work by Donna has been exhibited in Vermont, Massachusetts, Connecticut, New York, and Washington State.

" I enjoy the creative, collaborative process that is the art that happens on stage. It stretches my skills and imagination, always forcing me to find new ways of approaching a technique including using uncommon tools to create an effect. All of that spills over into my own paintings."



These are from the set work for George Woodard's work in progress: " The Farm Boy" . The interior was built in a neighbor's garage and filmed there. The painting and wall treatments are Donna's. Set decoration came from other people, mostly Joan Brice O'Neil.

Why Is Physical Activity Important?

Submitted by board member and social worker Maxine Adams

Exercise is good for older adults. Inactivity is more to blame than age when it comes to losing the ability to do things independently.

Staying active can help:

- Improve strength
- Increase energy
- Improve balance
- Manage disease
- Improve sleep
- Reduce stress
- Maintain a healthy weight
- Control blood pressure
- Maintain cognitive function
- Reduce depression

All four types of exercise are necessary to improve health and quality of life:

- **Endurance – Like Walking:** Increases breathing and heart rate which has the effect of improving the health of the heart, lungs, and circulatory system which serves to prevent chronic disease; also boosts the chemicals in the body which improve mood.
- **Strength – Like Lifting Weights:** Increases muscle tone and strengthens muscles needed for balance which has the effect of making it easier to do everyday tasks like getting out of a chair or carrying groceries.
- **Balance – Like Tai Chi:** Tai Chi involves shifting the body slowly, gently, precisely, and in a mindful manner which keeps joints loose and improves balance. This has the effect of reducing stress and preventing falls which often end in injury.
- **Flexibility – Like Yoga:** Yoga is a combination of static exercise, deep breathing, and relaxation which improves balance, strengthens muscles and mobilizes joints, thus improving the ability to reach down to tie shoes or look over the shoulder to back a car out of the driveway.



Photos by Albert Dros. Click on link on page 1 to see more gorgeous photos.



Volunteer Appreciation from Anne and Don Shackett.
“This is for one of the Special Neighbors we’ve been privileged to have help from, “we are abundantly blessed.” “

A humorous perspective by member, Simone Cormier. Morrisville

My Now Normal

1. 10 A.M grocery shop (once weekly) wearing mask and gloves
 2. Disinfect all groceries while unpacking
 3. Wash hands
 4. Gloves on again, bring in RFD mail
 5. Disinfect all mail
 6. Dispose gloves
 7. Wash hands
 8. Prepare meal
 9. Wash hands
 10. Eat
 11. Wash hands
 12. Wipe off remote and phone
 13. Watch T.V./make or receive calls
 14. Pee
 15. Wash hands and
 16. apply hand lotion
 17. Take a nap
- Repeat 4 thru'17 daily!

Answers to brainteasers from page 1

1. It contains each number, zero through nine, in alphabetical order.
2. An hourglass with thousands of grains of sand.
3. Your name.
4. An echo

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Park Street Collective, LLC



Lanpher Memorial Library

Howard Manosh

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.