



LAMOILLE NEIGHBORS

It's Been a Long Haul!

- ❖ We have resumed doing services for members. We have been following current state guidelines and will continue to do so going forward. On 6/17 Gov. Phil Scott announced the easing of restrictions for those over 65 and lifted the stay at home order for this age group. "While we are easing restrictions for our older Vermonters, we encourage this group and all Vermonters to 'be smart and stay safe,'" stated Governor Scott. Vermonters over the age of 65 are no longer required to stay home. However, there is a continued need to take special precautions when going out: continue to follow all CDC and VDH guidance, including keeping six feet apart, frequently washing hands with soap and water, avoiding others when sick and wearing masks in public.

Members and Volunteers please return your waiver forms.

- ❖ **Iceland with George Cook. Tuesday July 14th, 7PM.** Our second summer "speaker series". We hear this is not another boring slide show. George is a great speaker and listening to his stories you'd think you were right there with him. Join George and share his adventure. George lives in Hyde Park and is a retired UVM Extension Farm and Maple Specialist, a gardener, small maple producer, an EMT and firefighter. This presentation will be 45 minutes with time for questions at the end. Email lisadimondstein@me.com to receive the Zoom link.
- ❖ On June 9th **Charlie Nardozi** kicked off our Zoom speaker series with a fabulous presentation on planting perennials in difficult situations on your land. The video of the discussion has been posted on YouTube. Check it out at:
<https://www.youtube.com/watch?v=-GZFN7wwUFo>
- ❖ Ongoing lively Zoom discussion group for members will meet July 1st at 9AM. If you'd like to join, and are not already on the list, e-mail Ellen Gibbs at esgibs@yahoo.com.

TORTELLINI SALAD

Submitted by Kathy Gieresbach

This is a perfect meal for a hot summer night

Ingredients

20 Oz bag of cheese tortellini

1 cucumber, peeled and coarsely chopped

1 pint cherry tomatoes, halved

Canned black olives, drained and halved

1 orange bell pepper, chopped

2-3 tablespoons sliced pepperoncini

8 oz. fresh mozzarella balls

8oz. salami, chopped (omit if vegetarian)

Directions

Boil tortellini until al dente. Drain and rinse with cold water. Toss with about $\frac{3}{4}$ - 1 cup homemade Italian dressing in a large serving bowl while pasta is still warm. Refrigerate for at least 30 min, then add and toss the remaining ingredients. Refrigerate until ready to eat.



June Birthdays

John Dudley

Pixie Loomis

Brainteasers-answers on page 5

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

2. I can't be bought, but I can be stolen with a glance. I am worthless to one but priceless to two. What am I?

3. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

4. What has cities but no houses, forests but no trees, water but no fish?

Reducing Falls During COVID-19

During these uncertain times, the Falls Free Vermont Coalition would like to address the importance of staying healthy and safe. More time spent at home can lead to less physical activity, weakening our muscles and bones. Falls prevention is more important now than ever. According to the Centers for Disease Control, one out of every four adults age 65 and older will fall. Falls can result in serious injuries including bone fractures and head injuries. What can you do to prevent falls and seek appropriate care?

Preventing Falls

- Keep walkways clear, reduce clutter and secure loose rugs.
- Use nightlights to see well in the dark.
- Make sure that your vision and hearing are tested regularly.
- Use assistive devices such as a cane or walker if needed.
- Wear the correct footwear and focus on proper posture and balance.
- Avoid excessive alcohol intake.
- Review medications regularly with providers to ensure they won't cause dizziness or other falls risks.
- Install handrails if needed in bathrooms, halls and stairways.

Performing Regular Physical Activity

- Weight-bearing activity and resistance exercises can improve strength, posture and balance, which may help reduce the risk of falls. Weight-bearing exercise includes walking, jogging, Tai Chi, stair climbing and dancing, among other activities.
- Some people will take part in online exercise classes or could just perform simple activities safely at home.
- Physical therapy can also be very useful in helping people learn and perform different exercises.
- A person should discuss any concerns with their medical provider before starting any exercise program.

What if I Fall?

- The first thing to do is to not panic! Remain calm and still. Do not move for a few minutes as getting up too quickly could cause more harm.
- Figure out if are injured. Slowly start to move your hands and feet and then your arms and legs to check for pain.
- If there are no injuries, slowly roll onto your side. Turn your head first, followed by your shoulders, arm, hips and leg.
- Slowly push up into a crawling position and crawl to a piece of sturdy furniture.
- Rise up slowly into the chair and sit for a few minutes to see how you feel.
- If you are injured or cannot get up, call for help either out loud or with the use of a medical alert help button.

Should I call 911 if I fall?

If you fall and need help, call 911. Do not risk further injury, illness or complications as a result of a fall by not seeking medical help. We know that many people have been avoiding the hospital, due to the fear of exposure. Our hospitals and health care providers have been taking the appropriate precautions to safely treat our community and Vermont has maintained low numbers of COVID-19 positive exposures. It is safe to go to the hospital if needed at this time.

Stay strong and safe!



Falls Free Vermont Coalition

Connecting people to falls prevention programs, lifestyle adjustments and community resources.

To learn more ways to reduce preventable falls visit <https://fallsfreevermont.org>

Our great volunteers Grant Wieler, Paula Ratchford, Beth Springston and Jo Sabel Courtney, helped Maxine and Joan pack and deliver food to SASH recipients on June 24th. A big thank you to Emily Cohen of the Vt Food Bank for providing the food and helping Joan and Maxine in all aspects of organizing the deliveries.



Helping members with gardening.

- ❖ Catamount Arts and Northern Vermont University are partnering to bring a Drive-In to Stay Safe movie and concert series to our campuses. Every Saturday night beginning July 11th through the end of August. Must have tickets to attend. \$20/car
<http://www.catamountarts.org/film/drive-in-movie-and-music-series>
- ❖ Spruce Peak Performing Arts has a free virtual screening room with ballet, theater, documentary shorts, etc. <https://www.sprucepeakarts.org/virtual-screening-room/>

Brainteasers from Page 2

1. An apple a day keeps the doctor away!
2. Love
3. The numeral 8
4. A map

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.