



## LAMOILLE NEIGHBORS

### Upcoming Events

**Our monthly Coffee Hour, March 4th, 10:30 a.m.** at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are required. If you would like to participate, please call Bonnie at 802-585-1233.

**Tuesday March 8th, 2022, 7p.m. Join Lamoille Neighbors and the Lanpher Memorial Library for a Zoom presentation by Debora Steinerman, President and Co-Founder of the Vermont Holocaust Memorial.**

Debora Steinerman will share a personal family story of Holocaust survival as well as information about the Vermont Holocaust Memorial, how the organization came to be, what they do and are working on, and what VTHM's mission means to Vermonters. To register go to [lanpherlibrary.org](http://lanpherlibrary.org).



**Full Moon Snowshoe, March 18th, 7 p.m.** Register on-line [HERE](#) or call Bonnie at 585-1233. Marilyn May, member and volunteer, will be leading this snowshoe and will decide on where to meet closer to the date.

**Monthly Zoom Gathering for Conversation, March 29th, 5-6 p.m.** Join us for a view of smiling, maskless faces and witty conversation! It will be better than a radio and more interactive than TV. We look forward to a good old friendly chat. Register [HERE](#).

**There will be no April Newsletter. The April events are listed below.**

**Our monthly Coffee Hour, April 1st, 10:30 a.m.** at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are required. If you would like to participate, please call Bonnie at 802-585-1233.

**Save the date: End of Life Planning Series, all Mondays in April at 10 am. More information coming soon. We will cover everything from legal issues, death with dignity, health care proxies and advanced directives, death doulas, burial options and lots more.**

### Ongoing Events

**Article Discussion Group** on Zoom every other Wednesday from 9-10 a.m.. We take turns choosing articles and no matter the topic it's a lively discussion. This group has currently reached its maximum of 10 people. If we have enough interested people we can help facilitate starting a second group.

**Yoga with Faith Bieler Thursdays, 9 a.m. Open to members and volunteers.** The first Thursday of each month will be in person at River Arts (when safe to do so) and the other Thursdays of the month will be on Zoom. Lamoille Neighbors' Yoga is an all levels class. Beginners to seasoned practitioners are welcome. Faith chooses poses to flex, stretch, strengthen the whole body and also incorporate participants' requests (re: their own body's needs). Movement will be done seated, kneeling, standing. Register [HERE](#) if you're joining for the first time.

Zoom Arthritis Friendly Bone Building, Tuesdays 1-2 p.m with Maxine Adams. Sponsored by Lamoille Neighbors and a grant from the Humanities Council. Email [maxineladams@gmail.com](mailto:maxineladams@gmail.com)

### **N95 Masks Available, NIOSH approved**

Lamoille Neighbors has N95 masks available for members and volunteers. Email Joan Greene or call Bonnie 802-585-1233 to request masks and we'll deliver them to you.

N95 masks (respirators) should be well-fitted and clean. Several Lamoille Neighbor members tried various models for comfort and chose the American-made, NIOSH-approved masks we ordered.

They are called N95 because they filter 95% of airborne particles. In order to protect you, they should fit snugly around your nose and face. You can reuse them if they are clean and in good condition. Some experts say they can be used up to 5 times or more depending how long you use them. You can rotate them and allow them to dry out for 24 to 48 hours.

## Information from AARP

### How many times can you wear an N95?

Unlike cloth masks that can be washed and reused, N95s do not have as long of a lifecycle. For starters, they are not washable. One of the layers in the mask is electrostatic; it's meant to attract and trap particles in the air that's breathed in, Fabian explains. Wash it with soap and water and "you'd ruin at least one of the layers, if not more," she says.

In fact, the CDC says respirator masks should be tossed in the trash if they get wet or dirty. If your mask stays clean, consider it good for about a week, says Aubree Gordon, associate professor of epidemiology at the University of Michigan School of Public Health. (This advice is for the general public only; health care workers abide by different rules.) However, if you're only wearing your N95 for short bursts — say, to the grocery store or to run a few errands — you can likely reuse it for longer, Fabian points out.

The key is to pay attention to the "structural integrity" of the mask, says Megan Conroy, M.D., a pulmonologist at The Ohio State University Wexner Medical Center. For example, if the straps get too stretched or the seal around your face is no longer snug, it's time for a new one.

Also, if you notice that it becomes more difficult to breathe in the mask, it's time to retire it. "It's a filter, so if that filter starts to get clogged up, it's going to get harder to breathe in," Gordon says. "If it's not feeling as comfortable anymore, or if it's looking bad or not fitting well, that would be the time" to stop wearing it.

### Is there a way to prolong its use?

Definitely. Tossing a respirator mask in a purse or backpack with your phone, keys, wallet and other on-the-go essentials isn't a good idea. Storing it in a paper bag between each use, however, is.

This will "help keep it clean and protected" in a breathable environment, Gordon says. The CDC also recommends storing masks that are not wet or dirty in paper bags between each use. Avoid storing your mask in an airtight container, Gordon adds.

If you have access to more than one N95, rotate between each. When you're done with one, take it off and put it in a paper bag marked with the day of the week or whatever organizational system you prefer.

When you're taking the mask off, make sure you do so by the elastic ear straps. "You shouldn't touch the actual mask," Fabian says. The reason? "The mask is filtering COVID particles. So imagine that the COVID particles are stuck to the outside of the mask. When you take your hand and you grab the mask, now your hand is contaminated with any COVID particles that could have been trapped on the mask," Fabian explains.

**Vermont, Quebec, and Irish Independence. Wednesday, March 16th, 4:00pm-5:00pm. A virtual presentation by Liam McKone.** On the eve of St. Patrick's Day, the Fenian Historical Society invites you to join a lively discussion of Vermont's role in the struggle to restore the independence of Ireland. This event is sponsored by Mount Mansfield Villages, an organization similar to Lamoille Neighbors. This presentation will start with a slideshow identifying Vermont's connections to the issues and will be followed by an open discussion with participants. This will be on Google Meet, which is similar to Zoom. Register [here](#) and MMV will send you the link on the day of the event.

Welcome to our new members: Dian Williams of Morrisville and Caren Goodhue of Stowe.

**Drop In-Multigenerational Art Space offered by River Arts every Thursday through June 16th from 10:00AM-12:00PM. There is no fee and materials are provided.**

Connecting elders and people of all ages, River Arts invites community members aged 10-100 to participate in this two-hour open studio space. From drawing to knitting, participants are encouraged to express their creative abilities in tandem with meaningful dialogue, to foster deeper connections with themselves and community members of all ages. No need to sign up, just come to River Arts on Thursday and enjoy some crafty company. This is a self-directed drop-in. There will be no instructor.

River Arts is offering the community a wonderful way to explore creativity while meeting new people in a relaxed setting. If you're interested in this drop-in art space and need transportation let Bonnie know. 802-585-1233.

For those of you who shop on Amazon you can help support Lamoille Neighbors for no additional fees. Instead of signing into Amazon, sign into Amazon Smile [smile.amazon.com](https://smile.amazon.com). Amazon Smile will donate .5% of your purchases to the charitable organization of your choice

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John Clark  
Larry Gibbs  
Pati Austin-Kirk



### Fun/Interesting Links (Click on the red to open the links)

[Listen to the Music Feat The Doobie Brothers Playing for Change](#)

[Louis Armstrong-What a Wonderful World](#)

[Rise Up, Boston Children's Chorus](#)

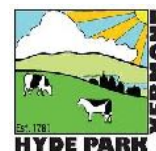
[Harpo Marx and Lucille Ball the Mirror Routine](#)

[Wordle](#) If you like word games this is the latest trend. You have six chances to guess a five letter word and each day there is a new word. Try it, you might get addicted! There are directions on the website.

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