



## LAMOILLE NEIGHBORS

### Upcoming Events

If you need transportation for any events call Bonnie at 802-585-1233.

**Outdoor Potluck Luncheon at Ellen and Larry's home, June 19th at noon, 826 Trombley Hill Rd. Hyde Park.** Bring a dish to share for lunch or bring dessert! Join your friends for food and fun. Sign up [HERE](#) or call Bonnie to register.

**Outdoor Music-From Jazz, Classical to Way Beyond With Cookie and D, June 28th, 7 pm.**

D Davis & Carrie Cook, aka Cookie, have been lifetime musicians who love all styles of music.

They play together in "Cookie's Hot Club", a cosmic, sultry, swingin' & sometimes irreverent gypsy jazz band. And thus, carry that mix into their diverse repertoire of genres, including some originals, jazz standards, classical, Americana and country!

D & Cookie sometimes add unexpected, surprise instruments too! ... a choice on the menu you may not have tried, yet!

Event will be held at Carrie Cook's home at 141 W. Main St. Hyde Park. Bring your own chair if you can. Sign up [HERE](#) or call Bonnie to register.



Photo is from 2021 concert with Cookie and D, and we are thrilled that they have agreed to play for us again! Hopefully, we'll have another rainbow.

### Ongoing Events

**Our monthly Coffee Hour, June 3rd, 10:00 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.

**Article Discussion Group** on Zoom every other Wednesday from 9-10 a.m. We take turns choosing articles. 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. We will be taking a break after our June 1st meeting.

**Yoga** will be taking a break through the summer months. Thank you, Faith, for your amazing teaching abilities. Your skill in giving verbal instructions is such a gift.

**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) if you'd like to join.

\*

We are sad that two of our members died in April. We send condolences to their family and friends during this difficult time.



**Bradley Benedict**, 1947-2022, beloved father, grandfather and friend, died from a lengthy illness on April 26 at his home in Stowe, VT. His wish was to be able to spend his last weeks in Lamoille County, with all that he loved.

Brad believed in getting involved and giving back. He had a long history as a 'board person'. He held many positions in Hyde Park: lister, planning and zoning committee, justice of the peace, board of civil authority, and library trustee. For 12 years he was on the board of the Helen Day Art Center, serving as its chair for 10 of those years. He enjoyed and supported the work of the Vermont Folk Life Center, in his opinion a marvelous organization celebrating Vermont and its people. He was also involved with the United Way for many years, and with the Lamoille Housing Partnership.

Brad loved people. A consummate host and a great cook, he was famous for inviting folks from all walks of life home for dinner on the spur of the moment. Many hours were spent around a table, either his, or that of a friend. He was a witty conversationalist with a wry sense of humor and a boisterous laugh that was infectious. And he always paid full attention to the individual with whom he was conversing.

Always a gentle man, Brad's hallmark traits were integrity, kindness, loyalty and generosity of spirit. He was a connoisseur of many things, an old school grammarian, and a beautiful writer. He believed in old-fashioned manners. He was free with compliments. He noticed everything.

Most importantly he was a terrific father and grandfather to his four grandsons. The silver lining of his illness was that he got extended periods of time with all of them and their parents.

He will be missed enormously by his family and friends.



**Kathleen (Kathy) Geiersbach**, 78, died April 30th in her home in Hyde Park from pancreatic cancer. I will always remember Kathy for her sense of humor, her “let's do it attitude”, her hard work to get LN started, our friendship and her warmth and kindness.

Kathy played a huge role in the forming of Lamoille Neighbors. She attended the first meeting to explore interest in the concept of starting “a village”. At that meeting we talked about our fears of starting a new venture and Kathy said her fear was we would talk about it but not implement it. She then got to work with her amazing skills and perseverance. She joined as a founding member, became an invaluable board member, was our treasurer for over a year, chaired the technology committee the first year and was instrumental in setting up our website. Kathy was the driving force to launch Lamoille Neighbors.

Kathy, you will be missed greatly by the Board and all the dear friends you made at Lamoille Neighbors. Lisa Dimondstein

Below is her bio which is on our website.

Kathy is a New England transplant, having been born and raised in Pasadena, California. She left the West to go to college in Massachusetts, where she graduated from Wellesley with a BA and a biology major. Then it was on to Brown University, where she earned her MA in Classics and completed the course work for a Ph.D. Kathy met her husband of 52 years in Rhode Island where they both lived for the next 26 years. Kathy started teaching at an independent school in Rhode Island and went on to hold several administrative positions, including upper school head and assistant head. Meanwhile, she and Ken had six children (why the Ph.D. was never completed). They bought a little piece of heaven in Vermont, where the eight of them spent vacations and lived all summer.

In 1992, Kathy became academic dean at a boarding school in Colorado Springs, where the family lived for five years until she was named founding head of a new independent school in Boise, Idaho. After two years it was time for another change, and the family returned to New England, where Kathy was trained in computer programming and spent six years working as a data analyst for the human resources department of a nonprofit community hospital. When she and Ken retired in 2006, Kathy had spent close to 40 years working in the nonprofit sector.

Ken and Kathy retired to their home in Hyde Park, Vermont, where both soon became involved in volunteering for the Lanpher Library. In April 2018, Kathy joined with others in the community to help found Lamoille Neighbors.

The Beautiful Woman Down the Road

I love the woman  
whose hand I held  
on that misty Easter morn  
in the meadow

In green gabled house  
up the steep drive  
earned her unconsumate grace  
and full leisure

From gardens so lush  
her larder flows  
sparkling with the preserved fruits  
coached from the earth

She's destined to fly  
kitties hugged close  
with the wild birds on her wings  
in wispy memories

Maxine Adams  
Remembering Kathleen Geiersbach  
April 29, 2022

**Creative Aging Celebration sponsored by the Central Vermont Council on Aging.**

Friday, June 3rd from 4-7pm at Vermont College of Fine Arts, 36 College St. Montpelier. Free event.

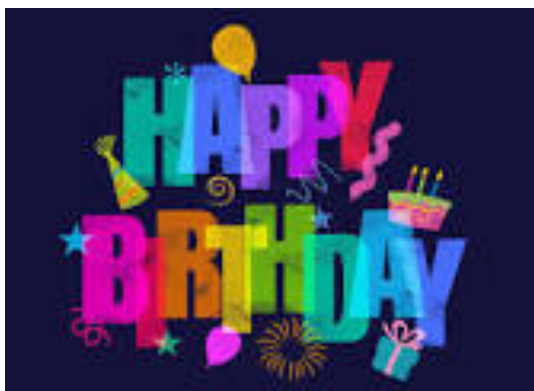
View artwork by artists age 60+, engage in fun creative aging activities, live music and original poetry reading, cafe treats and drinks for sale.

**Lamoille Neighbors will have a table with the exhibit that the iPhone photography group had shown at the Morrisville Post Office. Nan Beauregard put together a handout for the event on tips for iPhone photography, and we will have information on Lamoille Neighbors.**

**Join the fun and and visit our table.**



Welcome to our new members: Gary Banks from Morrisville, Sue Aikman from Elmore and Tom Beauregard from Morrisville.



John Dudley  
Pixie Loomis  
Ginny Chiaravalle



A big thank you to Tom and Charlotte Kastner who led a bird walk along the rail trail from the Oxbow in Morrisville on May 13th.



12 participants enjoyed members Steve Young's 4 part talks on pre-history (before written history). Thank you Steve for being extremely engaging.



Our second bird walk this spring was led by renowned Bird Diva Bridget Butler on the Barnes Camp boardwalk in Stowe. We were happy to be introduced to mindful birding.

## End of Life Series. Summary by Maxine Adams

In April, Lamoille Neighbors sponsored 4 sessions designed to help us seniors focus on what needs to be done to have “a good death.”

In the first week, Ed French and Katie Reen, Attorneys specializing in elder law, helped us understand that a Will is sometimes not enough to keep your estate from going to Probate Court. A Trust may be an easier, faster, and less expensive way to pass your assets to your beneficiaries. Another option is an Enhanced Life Estate deed which transfers property upon death thus also avoiding Probate Court. Of course, there is more to “getting your affairs in order” such as writing down for your family where your important papers are located, etc. You may want to create a letter which, though not legally binding, can be used to express your love for your family, or state various wishes you may have for your loved ones after your death.

In the second week, Taylor Murray of VT Ethics Network, explained the documents you can complete stating your wishes for your health needs during the end of life and in the event of death. At the very least everyone should appoint a trusted agent to speak for them in a healthcare emergency when you cannot speak for yourself. Ideally, everyone should also have an Advance Directive that specifies which treatments you would like, or which treatments you want to forego, under specific circumstances. Then there is the DNR/COLST (a “do not resuscitate” order) that you can have your physician fill out.

In the third week, Cindy Bruzzese of the VT Ethics Network, spoke to us in more detail about our choices for care in the last stage of our life which often entails medical interventions that have serious impact on our quality of life. She advises we think through the cost/benefit of specific medical interventions. Although you can document your preferences in your Advance Directive, it is best to also discuss these things with your health care agent and your family. It is helpful to be aware that, although you have the right to self-determination in these matters, sometimes circumstances don’t allow for your choices to be honored (e.g. CPR may be administered even though you didn’t want it). Cindy also discussed Vermont’s Act 39 which is “physician assisted death.”

In the last week, Linda Cannon-Huffman and Maxine Adams, both End of Life Doulas – explained what Doulas do. The Doula mission is to bring comfort and peace to the dying person and their family. They: give physical support such as arranging for caregiving or respite care or medical equipment; give practical support such as arranging for visitors, facilitating family meetings; apply comfort measures through music or protection from annoyances; give emotional support by listening, reassuring, helping with legacy work; arrange for spiritual support; impart information, share resources, and give proactive guidance to the family members; coordinate with Hospice.

Vermont Ethics Network is an invaluable resource for questions on advance planning. Call (802) 828-2909 or e-mail them at [ven@vtethicsnetwork.org](mailto:ven@vtethicsnetwork.org).

Lamoille Neighbors has *Vermont Advanced Directive For Health Care* forms and *Appointing a Health Care Agent*. Let Bonnie know if you need forms.

If you’d like a copy of the power point from Cindy Bruzzese’s presentation on *Navigating Clinical Decision Making* let Bonnie know.





Lamoille Neighbors received a generous grant from the Central Vermont Council on Aging. This grant is for programming that will help reduced isolation affecting seniors and facilitate cooperation with community organizations. We greatly appreciate their support.

A few of the birds seen on our bird walks: Blackburnian Warbler, American Goldfinch, Red Eye Vireo, Chestnut Sided Warbler.

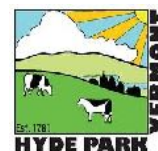
You Tube Video on [How to Set Up Your Binoculars](#) .

A fabulous App to identify birds by a description, photos or sound [Merlin Bird ID App](#).

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



Lanpher Memorial Library



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**Thank you to all the individual donors who help make Lamoille Neighbors successful.**