



LAMOILLE NEIGHBORS

Upcoming Events for October

If you need transportation or help registering for an event call Bonnie at 802-585-1233.

October 2nd, Potluck Lunch at Sue Moore's, 12pm. We're hoping to gather one more time outdoors in the beautiful fall weather. We're keeping our fingers crossed that we'll have good weather. Register [HERE](#)

October 25th, Zoom Gathering for Conversation, 5-6 pm. Judy and John Clark will be our hosts. Register [HERE](#)

Ongoing Events

Our monthly Coffee Hour, October 7th, 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 or register [HERE](#)

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 if you'd like to join.

Yoga for members and volunteers. We have delayed the start of this class until November 3rd. The first meeting will be at 8:30 a.m.. Future classes will be every Thursday from 9-10 a.m. at the Lanpher Memorial Library. If you haven't already registered and you want to attend please e-mail lisadimondstein@me.com.

Ageism Awareness Day is October 7th. It's an opportunity to draw attention to the impact ageism has in our society. "Aging is not a problem," says American Society on Aging President/CEO Peter Kaldes, "Ageism is. And because of this, we are determined to explore cultural views on aging and portrayals of aging at the individual, community and national levels. We want to reframe how we talk about aging as the natural process of life, shift representations of aging often portrayed in the media as being a period of decline and promote representation of older adults in the arts as the experienced and unique individuals they are, engaged with the well-being of their families, communities, and the world." The most widespread and socially accepted form of prejudice, ageism is defined by the World Health Organization as "the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age."



On the beautiful warm Saturday September 10th, over 30 people thoroughly enjoyed the inaugural concert for the wood and stone chapel Steve Young has built in Wolcott. Loosely modeled on medieval Norwegian churches, it has a magical feel. Larks in the Attic with Linda Young on the harp, Susan Reid on fiddle and Pam Bockes on guitar played an evocative mix of «traditional» music which had the audience tapping their feet in response.



Barbara Sullivan, the National Director of Village to Village Network, which Lamoille Neighbors is a member of, will be speaking in Vermont. The hope is that other communities in Vermont will decide to join this movement and begin “villages” in their locals. Those of us in Lamoille Neighbors experience how important this support is. Recently a member said “I don’t know what I’d do without Lamoille Neighbors”. This member has two volunteers who come to her home twice a week to exercise and visit with her. She was also receiving rides to medical appointments. If you know people who are interested in learning more about this model please let them know about these presentations.



START A VILLAGE IN YOUR COMMUNITY

JOIN US AT THESE **FREE** OCTOBER EVENTS TO LEARN HOW!

VILLAGES

are neighbors helping neighbors to age in their home of choice by joining together to offer services through paid and volunteer staff. A village reflects its community, is developed by and for the community.

LEARN what resources are available to you from the Village-to-Village Network

HEAR from other Villages in Vermont about their journey and success → *Mount Mansfield & Lamoille Neighbors*



GETTING STARTED IN VERMONT

WELCOMING BARBARA SULLIVAN
Village-to-Village Network
National Director

- **MONDAY, OCTOBER 24TH, 1 PM – KILLINGTON**
Killington Grand Hotel
- **TUESDAY, OCTOBER 25TH, 10 AM – WATERBURY**
Best Western Plus
- **TUESDAY, OCTOBER 25TH, 4 PM – BURLINGTON**
Fletcher Free Library

**ZOOM ONLINE
VIDEO OPTION** →

**AVAILABLE ONLY ON
OCTOBER 25 - 4PM**
Registration required

OPEN TO THE PUBLIC!

MORE INFORMATION:

RSVP STRONGLY ENCOURAGED

Email: aging@uvm.edu

Web: go.uvm.edu/5qgup

COFFEE AND TEA PROVIDED

BURLINGTON EVENT IN COOPERATION WITH THE BURLINGTON AGING COUNCIL



**THE UNIVERSITY OF VERMONT
CENTER ON AGING**



We are sad that volunteer and member Judi Womack died in August. We send condolences to her family and friends during this difficult time.

Below is an excerpt from her obituary.

Judith "Judi" Womack, 82, of Hyde Park, VT, died peacefully on Saturday, August 27, 2022 at "The Manor" in Morrisville, VT with her family at her side.

She was born in Newport, Rhode Island; the daughter of the late Faye and Mary Foss. She was a graduate of Saint Catherine Academy in Newport, RI.

Judi had a very long and colorful career with the U.S. Government in executive administration at many military bases throughout the States, as well as overseas. Judi went on to work for the Freeman Foundation in Stowe, Vermont until her retirement.

Judi enjoyed singing with her church choir and with the hospice choir, as well as volunteering at Copley Hospital. She was a world traveler, an avid reader, and a lover of all animals. She was especially fond of working out with her personal trainer at SNAP Fitness, and visits with her grand dogs.

During our Zoom annual meeting on August 28th we honored Ellen Gibbs and Howard Manosh.

Ellen Gibbs has been a board member since 2019. She stepped down from the board, as well as all her committee work, at the end of August. Ellen and Larry will be moving out of Vermont in October. We will be able to connect through our Zoom events as well as when they return to Vermont in the summers. Ellen thank you for all the work you've done for Lamoille Neighbors. You will be missed!

Howard Manosh has been a generous supporter of Lamoille Neighbors. Howard's sense of community in helping local non -profits means so much to so many people in Lamoille County. He understands our mission and the importance of having an organization that can help older people with the little tasks that become more difficult as we age. Thank you Howard. If you see Howard make sure to thank him.

Welcome to our new member: Jennette Ring, from Morrisville



October Birthdays

Wiffy Brooks
Ellen Gibbs
Carl Szlachetka
Barbara Scribner

Data shared by Bonnie McDermott, our program manager, at our annual meeting.

- 63 members
- 53 volunteers with 18 volunteers providing most of the services.
- 482 services were provided in the past fiscal year.
- 80% of those services were provided by 8 of our "super" volunteers.
- 90% of our services are for transportation and friendly visits.

Thanks you volunteers! You are the heart of Lamoille Neighbors. If you have friends that would be interested in volunteering please let them know about us.

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS



Howard Manosh



Lanpher Memorial Library



Park Street Collective LLC



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