



LAMOILLE NEIGHBORS

Updated news for Lamoille Neighbors:

- ◆ Our Program Manager, Bonnie McDermott, has increased her hours to 10 hours/week. She will now be in the office Monday and Tuesday from 10-1:30 and Thursday 10-1. On Wednesday and Friday one of our volunteers checks voice mail, so feel free to leave a message.
- ◆ Our first annual meeting will be August 31st with a potluck and corn roast. We hope all our members will join this event. It will be a chance to meet Bonnie, our program manager, to hear how Lamoille Neighbors is progressing and to socialize. You can go to the events calendar on our website to get more details and to RSVP or you can call 802-585-1233. Let us know if you need transportation.
- ◆ Our next public event will be VPR's veteran journalist, Bob Kinzel, October 29th, 6PM. More details to come. Save the date.
- ◆ We currently have 37 members and 25 volunteers. From July 1st through August 20th we have received 20 varied service requests from transportation (to social and cultural events and to appointments) to friendly visit and handyman and computer support. A **BIG** thank you to our volunteers who are the heart of Lamoille Neighbors being successful. We need more drivers so, if you are a volunteer but didn't sign up for driving but are willing to do that service let us know. If anyone knows someone who would like to volunteer for Lamoille Neighbors please let them know we are looking for more drivers.

House Parties. Are you not a member and/or a volunteer? Are you curious to learn more about Lamoille Neighbors? Do you have friends who are curious? Join us for a house party August 27th in Morrisville or August 29th in Stowe. Call 802-585-1233 or e-mail lamoilleneighbors@gmail.com to RSVP and get directions. Light Refreshments Provided. www.lamoilleneighbors.org for more information.

Our goal is to help seniors minimize isolation and maximize independence and involvement in their community.

Our garden party was a great success. A big shout out to Ellen and Larry Gibs, Michael Wickenden and Debbie Wheeler. Mary Miller and Lisa Dimondstein for hosting everyone and providing delicious food. And to Take 5 for entertainment. The three gardens were diverse and a good time was had by all.



Two Recipes From the Garden Party

MOCHA CHEESECAKE

Preheat oven to 275 degrees; lightly grease a 9" springform pan.

Crust

1 1/2 C. chocolate wafer cookie crumbs
6 TBS butter, melted
1/4 C. sugar
1/8 tsp. cinnamon

In medium bowl, combine cookie crumbs, melted butter, sugar and cinnamon until well-blended. Press into bottom and up sides (1") of pan. Refrigerate.

Filling

3 packages (8 oz.) cream cheese, at room temperature
2/3 C. sugar
3 large eggs
2 tsp. instant coffee powder
2 tsp. vanilla extract
6 squares (1 oz. each) semi-sweet chocolate, melted and cooled
1 1/2 C. heavy cream
Chocolate curls, for garnish, optional

In large bowl, combine cream cheese and sugar and beat until smooth and creamy. Add eggs, coffee powder and vanilla; continue beating until blended. Add melted chocolate and cream; stir until well mixed.

Pour into prepared crust and bake one hour and 15 minutes. Turn off heat and cool cake in oven for 45 minutes. Run a knife around edge of pan. Refrigerate 3 to 4 hours, or overnight, before serving. Remove from pan and garnish with chocolate curls, if desired.

CARROT SOUP

1/4 C butter or margarine
1 Large onion, chopped (1 cup)
1 lb. carrots, peeled and sliced (3 C)
1/2-1 tsp curry powder
1 thin slice lemon peel
4 C chicken broth
1 1/2 tsp salt
1/4 tsp pepper
1 Cup half and half

Melt butter in large sauce pan; saute onion and carrots until onion tender, about 5 min. Add curry powder and lemon peel; cook 3 min. Add broth to onion-carrot mixture. Bring to a boil, lower heat and cover. Simmer 20 min. or until tender. Remove from heat and cool slightly. Blend soup, a small quantity at a time, in blender until smooth. Pour into a bowl and stir in salt and pepper and half-and-half. Cover and chill for 4 hours. May also be served hot

August Birthdays

Marilyn May

Nancy Trella

Anne Shackett

Don Shackett

The Most Important Gift You Can Give Your Loved Ones by Bonnie, Program Manager

Most people do not want to talk about death or those sudden circumstances when you cannot speak for yourself. During these emotional and difficult times, it became apparent what a considerate act it is for your loved ones when they have the critical information that reflects the bare bones of your life.

Being prepared can make all the difference during a health emergency. Here are some quick tips to help you get your affairs in order ahead of time:

1. Put your important papers and copies of legal documents in one place. You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there is anything new to add.
2. Tell a trusted family member or friend where you put all your important papers. You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
3. Discuss your end-of-life preferences with your doctor. He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored, and the visit may be covered by insurance.
4. Give permission in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

It's good to be prepared before there's an emergency. Get information on what documents you need, what an important paper is, and the steps to take to get your affairs in order: <https://www.nia.nih.gov/health/getting-your-affairs-order>

Create a "When I Die" document as soon as you can. I have listed my financial data, social security and Medicare numbers; where my important papers are like my deed and car title are kept; as well as who to contact, what I want for my cat, her Vet and the type of service I want. I have put this document in an obvious place and sent a copy to my siblings. It should include all accounts, logins and passwords to social media, how to access phone and computer documents, real estate deeds, and powers of attorney for finances and health care.

This document can be used to express how you want your belongings to be distributed, arrangements for your pets and any other final wishes. It is your chance to express your wishes and give back to your loved ones at that critical time.

Our first Member Profile!

Interview with Betty Polow by Olea Smith-Kaland August 5, 2019

Betty Polow is a vivacious 92 and a half year old Member living in Morrisville. I interviewed her in her beautiful home where she is surrounded by photographs and portraits of family members and lots of art collected over the years. She graciously agreed to be the subject of our first Member interview.

Betty grew up in Oneonta, New York, a town of about 12,000, where she lived with her family until she went off to college. She had an obviously happy and secure childhood which she rather laughingly described as “not dysfunctional”. Although she characterized the town as “mixed”, Betty mentioned that she was the only Jewish child in high school, and there was one African American.

She made a deliberate choice to go to a large and well known college. At the University of Wisconsin, she studied sociology and then ventured to New York City where she got a job at a home for handicapped children. She still remembers her annual salary, all of \$2500.

She met her future husband on a blind date, and four months later, in 1948, they were married. They moved pretty quickly to Morristown, New Jersey, where her husband was in a private law practice. Their first child, David, was born six years later. By 1960, he was joined by two sisters.

Betty must have been busy during those years. She played a lot of tennis, got involved in a cooperative nursery school, even campaigned for Harrison Williams while she was pushing a baby carriage. She completed a Masters in early childhood so that she could get a teacher’s certificate (“just in case”). She was involved in the World Federalist movement at that time and hoped for a world government as a step toward peace. During the gas shortages of the 70’s, she organized Operation Ski Lift, bussing eager skiers to Killington and Sugarbush. She started a small business, Touch of Green, selling plants and annuals, particularly to businesses.

In 1986, she and her husband moved to Morrisville to be near their son. He employed his newly retired father in his law practice in Hyde Park. They began to spend almost half the year in Palm Desert, California, where she still goes every winter. At that time, her parents lived there. Her father’s



life had spanned three centuries when he died at 104! Now she is not too far from one of her daughters. She continues to like the contrast of living in two places she loves.

Betty's husband died in 2007 while they were in California. He is still near, though, as she has scattered his ashes outside her bedroom window in Vermont. They were married almost 60 years. In response to a question about what she is really glad she did during her life, she answers that she is very glad she stayed married. In addition to travel and family, they enjoyed music together, from classical to ragtime. He played the piano, and they had sing-alongs when people visited. Betty continues that tradition for Lamoille Neighbors by hosting Music in the Morning once a week for whoever wants to sing and/or play music while she plays the piano.

Travel has meant a lot to Betty. She remembers her first trip abroad in 1947. She was 19 and traveled on a troop ship to rebuild youth hostels in France. She even biked to Italy and then travelled to Rome and London. Since then, she and her husband and sometimes other family members travelled a great deal to Europe and the middle East and within the U.S. They exchanged houses with others during many of those travels. Betty feels that for her a life well lived would have travel and family in it. The year after she became a widow, she even took the money from her husband's Veterans' insurance and went on a four month world cruise by herself, meeting her daughter in Hong Kong for part of it. She thoroughly enjoyed it, as she seems to do with most things.

If Betty were to give advice to younger people, it would be to pursue something you really like and follow through with it. This is something she has obviously done in her own life.

Betty finds getting older challenging. The change from being a physically active younger woman to being a woman with a degree of mobility difficulties is not easy, she feels. However, she likes living alone. She believes that the key to aging is managing your life and adapting to the inevitable changes. She is doing that well.



**Lamoille Neighbors for Music in the Morning.
Every Thursday at 10-11 AM**



**Lamoille Neighbors will resume Walking
Wednesday, September 4th, 4PM. All levels
welcome. If you'd like to walk but the date and
time doesn't work give us feedback.**



**Olea Smith-Kaland, 76, Board of Directors,
Lamoille Neighbors, Secretary**

Olea enjoyed the freedom of growing up in rural Sandy Hook, Connecticut, and moved to Hyde Park 45 years ago because she felt it could provide the same sort of safe, friendly, and close to nature environment in which her son could grow up. It did.

Much joy comes to Olea through her son and his wife and their three lively sons, 5, 3, and 1, as well as her large extended family in Vermont and elsewhere. She has been a widow for five years.

Roots, connections, and travel, learning about other cultures and languages, have always been important for Olea. As a child and teenager she often traveled with her family and with friends to Europe. Before moving to Hyde Park, she'd lived in London and in Florence, Italy. During part of those 45 years, she also lived in Bergen, Norway, although she always kept a house in Hyde Park.

Olea has a B.A. in Political Science from Smith College, a Master of Social Work from Adelphi University, and an Advanced Diploma in Family Therapy from the Institute of Family Therapy in London and Diakonhjemmetts Høyskolen in Oslo, Norway.

While in London, she worked for the Child Poverty Action Group. In Vermont, she has worked for Planned Parenthood as well as at Lamoille County Mental Health. Olea was the first Director of the Lamoille Family Center. In Norway, she worked as a child protection administrator and Court member and as a family and couples therapist and teacher as well as parent mediator. Olea volunteers for Hospice and the Lamoille Restorative Center.

Olea especially likes to cook (and eat), take walks, and read. She continues to enjoy traveling.

Being a part of what have become natural support groups has been very sustaining for Olea. She is a member of a women's group which has met for 43 years, a weekly breakfast group, a conversation group, a political discussion group, and a Norwegian women's group. These experiences have enriched her life immensely through its inevitable ups and downs.

Being involved in Lamoille Neighbors is a natural evolution of Olea's longstanding focus on connection with others through shared interests and support. Membership has provided a unique way to give and receive as well as maintain, renew, and establish new friendships while strengthening a sense of community.

Why be a Member of Lamoille Neighbors:

- Make new fulfilling friendships
- Attend social/cultural and educational activities that keep us connected and engaged. Most activities are just for Members.
- Receive support from vetted Volunteers when needed.
- Be a supporter for this innovative solution that will help us age in our own homes for as long as possible

Join this exciting movement as a 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.

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