



## LAMOILLE NEIGHBORS



**Aging, Vermont Style.** Lamoille Neighbors is sponsoring VPR's veteran journalist and host of 'Vermont Edition' Bob Kinzel, Tuesday October 29th, 6P.M. 2nd Congregational Church, 102 Prospect Street, Hyde Park.

### Updated News for Lamoille Neighbors:

We had our first annual meeting August 31st with a fabulous potluck and corn roast hosted by Judy and John Clark. Thank you! A big shout out to Judy who "retired" from the board. She has been instrumental in the development and launch of Lamoille Neighbors and we will miss her. She will stay connected by being a member, a volunteer as well as a member of the social/cultural/educational committee.





### NANCY TRELLA'S TIRAMUSU

This recipe makes ½ the size of the one Nancy brought to the Potluck Supper. Nancy is willing to take your calls to answer any questions about the recipe.

#### INGREDIENTS:

- ¾ cup strong coffee
- 1, 8 oz. pkg fat free cream cheese, softened
- 4 oz. mascarpone cheese
- ½ cup sugar
- 2 Tbsp. Kahlua or coffee flavored liqueur
- 1 half container frozen reduced fat whipped topping, thawed
- 1, 3 oz. pkg. Ladyfingers
- ½ tsp. unsweetened cocoa

#### DIRECTIONS:

Combine first 3 ingredients in a large glass bowl. Mix at medium speed until smooth. Fold in whipped topping. Pour coffee into shallow dish. Cut ladyfingers in half lengthwise. Dip the ladyfingers flat side down into the coffee. Use ½ of the fingers in the bottom of a medium bowl and gently spread ½ of the cream cheese mixture over the ladyfingers. Layer the remaining fingers and use all the remaining coffee and cream cheese mixture. Sift the cocoa over the top. Cover and chill for 8 hours. Enjoy!



#### September Birthdays

**Judy Clark**  
**Simone Cormier**  
**Ken Geiersbach**  
**Diane Szlachetka**

42 Members, 32 volunteers

#### Services by month:

June-5  
July-9  
August-20  
September to date-12

The majority of services: 72.9% for driving, 13% handy person and 6.5% for computer help.

A big shout out to Joan Greene and Mary Miller who have done 42% of the volunteer requests!

September is falls prevention month. Lamoille Neighbors is co-sponsoring a **Falls Prevention Workshop**. We hope you can attend. Let us know if you need transportation.



# Stay Steady Vermont

## Falls Prevention Workshop

Wednesday, September 25, at 1:00 pm

Lamoille County Civic Center  
24 Upper Main Street, Morrisville  
(next to Cumberland Farms)

Learn how to prevent falls and  
how to get up from a fall  
Physical Therapists will assess your  
balance

We'll make it fun with Refreshments,  
Games with Prizes

*for more information call:*  
SASH Coordinator - Maxine Adams at 802-730-7485  
*please call by September 18 to schedule interpreter services*

SPONSORED BY:

SASH (Support and Services at Home)  
VCIL (Vermont Center for Independent Living)  
Lamoille Home Health  
VT American Physical Therapy Association  
Lamoille Neighbors

Falls are the leading cause of fatal and non-fatal injuries for adults age 65+, causing severe injuries such as hip fractures, broken bones and traumatic brain injuries. Falls, with or without injury, also impact quality of life. Falls and fear of falling limit older adults' social engagement, mobility, and independence. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

Falls are common: One out of four older adults falls each year.

Falling is not an inevitable result of aging. Many falls can be prevented through increased awareness and action related to fall risk factors, clinical assessment and intervention, practical lifestyle adjustments, and participation in evidence-based falls prevention programs in community setting

Lisa Dimondstein, Board President



Lisa's work passion was in the field of women's health. After retiring, Lisa realized that if she was going to be able to remain in her own home, in rural Vermont, that she would need to find a creative solution. Lamoille Neighbors is the result of this desire, as well as her drive to help others in her community to do the same.

Lisa also serves on the board of Friends of Green River Reservoir helping to preserve the wilderness quality of a very unique state park. Her passion for being in the natural world extends to her fine art photography and her love of being in the mountains.

Some of her hiking explorations have taken her to:

finish the 4,000 footers in New England, hike the Tour Du Mt Blanc, backpack on the Pacific Crest Trail as well as many other adventures. She just returned from a 2 week hiking trip with her son, Daniel, in the North Cascades. She has also traveled as a medical volunteer to Tanzania and Kenya training local nurses and doctors.

Lisa and her partner Mary are avid gardeners, travelers and outdoor enthusiasts. They share their home with their beloved golden, Hudson. Lisa has two grandchildren who bring laughter and joy into their lives when they visit.

They hope that with the help of Lamoille Neighbors they will be able to stay in the home they love. They already feel engaged and connected to their local community in ways they never imagined.

Have information to share with other members? Let us know.

Betty Polow shared this link for the National Institute of Aging at the NIH.

You can sign up or check out the website by going to:

<https://www.nia.nih.gov>

Here is an example of the weekly email

<https://go4life.nia.nih.gov/go4life-month-toolkit/go4life-month-event-ideas/>

### Upcoming Lamoille Neighbors Events:



Walking Wednesday, 4 PM. All levels of walkers.



Music in the Morning has been changed to Music on Tuesdays at 1PM

Feast Friday, October 18th

Bob Kinzel, October 29th

There are many other non-profit community events listed on our website. If you need transportation to any of them let us know.

**Have a suggestion, a comment, an idea? Call 802-585-1233 or email us at [lamoilleneighbors@gmail.com](mailto:lamoilleneighbors@gmail.com)**

- 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.

Thank you to our community sponsors



Park Street Collective, LLC

