



LAMOILLE NEIGHBORS



Board Member Olea Smith-Kaland



Board Member Maxine Adams

A "full house" of interested Lamoille community residents enjoyed an educational talk by VPR's Bob Kinzel Thursday evening, October 29. This event was sponsored by Lamoille Neighbors and their community partner, Hyde Park's Lanpher Memorial Library. North Country Federal Credit Union supported the event with a grant.

Kinzel's talk was on the issues facing older Vermonters, particularly social isolation and the lack of sufficient supports for senior Vermonters. His talk was followed by a lively question and answer session as the audience weighed in on the topics Kinzel had raised and their own experiences with them. This, of course, is the essence of what Lamoille Neighbors was created to combat. This nonprofit is made up of members and volunteers dedicated to enhancing the well-being of seniors. It offers "aging Vermonters" help to stay in their own homes, closely connected to their communities. It offers ongoing social, cultural, and educational activities, provides transportation to events, shopping, and appointments, and assists with tasks and errands that become more difficult as we age.



18 volunteers braved the weather and attended the volunteer appreciation evening on November 8th.

We currently have 43 volunteers and we are doing approximately 20 services/mth. Our volunteers are the heart of Lamoille Neighbors and we wouldn't be here without all of you. THANK YOU for all you do. Please give us feedback: we want to hear about what is working and what your concerns are. Please contact Bonnie at 585-1233 or email us at lamoilleneighbors@gmail.com

Don't forget **Lamoille Neighbors has been chosen as the recipient of Morrisville Food Co-op's Round It Up For Change Program through November 30th.** MOCO helps raise funds for local non-profit organizations by giving customers the option of "rounding up" their total purchase amount at the register. You can help support our work by visiting MOCO and "rounding it up"!

Events at Lamoille County Civic Center. Let us know if you need transportation

Vermont Fraud Watch Presentation By AARP

Wednesday, December 4th, 2019, 1:00PM to 2:00 PM

Weapons of Fraud - an overview of the leading scams and the techniques of con artists, with a discussion of the steps to take to avoid victimization.



Lamoille Neighbors Events
for December
Feast Friday for Members
December 13th, 5PM

We have lots of new events
starting in January so check
the events calendar.



Happy Thanksgiving

Member and Volunteer Profile by Jack Anderson



John Dudley joined Lamoille Neighbors in June 2019. He was looking to rebuild his social structure following a separation and, according to what he had read in the News & Citizen and heard through the grapevine, liked the direction Neighbors was going by providing opportunities to grow intellectually and socially. He said, "I really enjoy the Neighbors camaraderie and intellectual stimulation." John is both a member and a volunteer. He comes with a lot of experience from Meals-on-Wheels, playing his guitar in regular jam sessions at the Sterling View Community Center in Hyde Park, as well as past performances at the Vermont State Hospital.

John is not an ordinary guitar player. He is a dedicated and serious musician who practices at least one hour a day in his home studio. His audiences have been quite varied. He played for Lamoille Neighbors accompanying member

Betty Polow on piano, as well as for weddings and funerals, at the Lincoln House in Barre, and Second Spring in Williamstown.

He had an interesting experience playing at the State Hospital, when one of the patients, who had a deep voice and liked Johnny Cash, asked John if he knew any of Cash's songs. John replied he had never learned any Johnny Cash songs because he is a tenor, and couldn't sing bass very well. Seeing how dejected the patient seemed, John learned a few of Cash's songs and, when he returned the following week, he played and the patient, with the deep voice sang, "I Walk the Line" and "Folsom Prison Blues".

John was one of seven children, growing up in Barre, VT and graduating near the top of his class at Spaulding High School in 1966. He played on the football team and track team and sang second tenor in the All New England choir. He began playing guitar in 1962. His favorite Vermont season is fall because he loves the cooler weather and

watching football games. He married Sherry Sweeney in 1973. They have two sons, Travis and Paul, both of whom live within a one hour drive from his home in Morrisville.

He attended the University of Vermont, majoring in applied math and physics, and during the summers and school breaks he worked for the Agency of Transportation in various engineering jobs. These summer experiences proved to him that he loved working outdoors and he switched his work focus to civil engineering.

For the first part of his 34 years at the Agency of Natural Resources he was on a team of four engineers charged with building and maintaining state parks, roads, dams, fish hatcheries, water supply systems, and many other infrastructures, mostly on state lands. The later years was spent in administration and developing computer systems for the state and several federal agencies located in Vermont.

He retired from the state in 2005 following a hip replacement which precluded his travel, long hours, and the physical requirements of the job. For about four years after this particular retirement he did some consulting and a short interim position with the Washington Central Supervisory Union as director of technology, finally fully retiring in 2009.

John's retirement activities have included volunteering, playing guitar, mentoring at the Crossett Brook Middle School, delivering Meals on Wheels, performing in frequent jam sessions at Sterling View Community Center. To Lamoille Neighbors he is our "Guitar Man."

**Gather Around the Table,
Thanksgiving Dinner Sponsored by
Meals on Wheels. Civic Center,
Morrisville November 28th, 11:30-1:30.
Call 888-5011 to make a reservation.**

**Lamoille Neighbors is seeking event
volunteers**
Support the social/cultural committee!
This help could include items to be picked
up at the printer, postering, set up and
clean up for events, baking, etc.

BIG UPDATE FOR LAMOILLE NEIGHBORS: We are pleased to announce that we will be accepting members, and of course volunteers, from Elmore, Wolcott, Johnson, Stowe, Morrisville and Hyde Park. Pass the word.

Article by Bonnie McDermott, Program Manager

THE UNIQUE POWERS OF HUMOR

A recent issue Reader's Digest magazine contained an article on humor. Citing several university studies, the article tells us that our brains love complex information; we get high on learning and problem solving. "Most jokes are built around an incongruity—inappropriate, absurd elements." Humor requires the brain to process lots of distinct types of information including many surprising, or unusual combination of two fundamentally different ideas.

The following is quoted from the article. "Laughter is a natural stress reliever, and our brains work better when they aren't slowed down by a fog of worry. In 2014, researchers in California demonstrated that elderly subjects who watched a funny video experienced significant improvements in their ability to learn and retain new information, possibly because the feelings of mirth reduced levels of cortisol, a stress hormone that has been shown to hinder recall.

A good joke can function as a release valve for the whole body. "Humor can help reframe stressors, challenges, or difficulties that seem insurmountable to a person," says Tom Ford, a social psychologist at Western Carolina University and a coauthor of *The Psychology of Humor*. "If one can make light of a stressor or challenge, then it doesn't seem so big. It seems more manageable."

Another study demonstrated that when nursing home patients with chronic pain enjoyed jokes, funny books and videos, and goofy singing and dancing on a weekly basis, their perception of pain and loneliness decreased significantly. They also felt happier and more satisfied with life. Others have demonstrated that laughter can be associated with increased blood flow, improved immune response, lower blood sugar levels, and better sleep.

"Humor has several unique powers," says the study's author. "It forces people to consider different perspectives. It brings people together; if they are laughing together at something, they must agree with each other on some level. It reduces the pain associated with life's difficulties. It exercises your brain. And it makes you happy."

Here a few one-liners for you. I hope you feel better!

As I handed my Dad his 50th birthday card, he looked at me, with tears in his eyes and said, "You know, one would have been enough."

They tell you that you'll lose your mind when you grow older. What they don't tell you is that you won't miss it very much.

"Your finest Scotch, please." "Yes, sir," the guy at Staples says as he hands me a 12-year-old roll of tape.

Regular naps prevent old age, especially if you take them while driving.

My dad died when we couldn't remember his blood type. As he died, he kept insisting for us to "be positive," but it's hard without him.

We hope that you will think of Lamoille Neighbors on Giving Tuesday, December 3rd. If you're reading this on your computer you can click below to make a donation and help seniors in Lamoille County enhance their well-being, stay engaged in their communities and live in the home of their choice for as long as possible. Alternatively, you can send a contribution by check and mail it to Lamoille neighbors, 1592 Center Rd. Hyde Park, Vermont 05655. Lamoille Neighbors has been open for 7 months and we now have 43 members and 43 volunteers. We want our members to feel like "someone has their back", so we offer a weekly phone check-in. Currently 9 members take advantage of this service. Our volunteer service requests range from 15-20/ month and we also have many social/cultural activities to help our members feel connected. Currently Lamoille Neighbors is accepting members from Morrisville, Hyde Park, Johnson, Elmore, Wolcott and Stowe. Our dues go towards: background checks for volunteers, web services, liability insurance, events and a part time staff person. We need to raise more funds than we receive in dues and we'd like to be able to help those that can't pay the full fee. Please consider donating to this creative, exciting non-profit.

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.

Have a suggestion, a comment, an idea? Call 802-585-1233 or email us at lamoilleneighbors@gmail.com

Why It's Great To Become A Member

- 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

Thank you to our community sponsors



Park Street Collective, LLC

