



LAMOILLE NEIGHBORS

Upcoming Member Events

February

February 6th, Writing An Ethical Will.

Judy Clark will lead us in a workshop on what we want our friends and family to know about us. There will be a follow up workshop March 5th. Both dates will be at 1PM.

February 7th, Feast Friday 5 PM. Our every other month potluck supper.

February 8th, 7PM, Full Moon Snowshoe

March

March 5th, Follow up from the *Writing an Ethical Will* workshop on February 6th. 1PM.

March 9th, Full Moon Snowshoe

Hand Building Pottery Class at River Arts. March 11, 18, 25, April 8th we'll glaze our pieces and we'll pick up pieces with a tea party April 15th. All classes 10-12. No experience and strong hands not needed. Come have fun and explore your creative side. Classes taught by Jude Prashaw and are free to members. Maximum class size 12 so register early!

March 22nd, Soup Sunday, 1PM. We will provide soup, bread and dessert.

Up coming Public Event



Lamoille Neighbors and Lanpher Memorial Library is sponsoring a talk by Bill McKibben *The Biggest Thing in the World—Report From the Front Lines of the Climate Fight* March 12th, 6PM
Green Mountain Technology and Career Center

Bill McKibben is an internationally known Vermont author and environmentalist and founder of 350.org, the first planet-wide, grassroots climate change movement.

Lamoille Neighbors Updates

- ◆ We would like to give a special shout out to Howard Manosh for a generous donation that will help support the work of Lamoille Neighbors.
- ◆ We currently have 46 volunteers and 46 members.
- ◆ We are opening Lamoille Neighbors to Elmore, Wolcott, Stowe and Johnson as well as Hyde Park and Morrisville.
- ◆ We now have some financial assistance available.



Full Moon Snowshoe



Soup Sunday with 21 members.

River Arts Events that might be of interest to our members:

Poetry Clinic. Drop-in every 1st and 3rd Tuesday of the month, 6-8PM. \$5 donation suggested

Elder Art Group. Drop-in every Thursday, 10-12. Free to adults 60 and up. Want to talk art, get project ideas, share techniques and tips on media? Bring your own art supplies or use available supplies at River Arts.

River Arts Photo Coop, Drop-in 3rd Thursday of the month, 6-8PM. Suggested donation \$5.

Check out River Arts websites for other classes and events. <https://riverartsvt.org/>

For other local non-profit events check our website www.lamoilleneighbors.org and click events.



211 and 911 – Two Valuable Community Support Systems

2-1-1

Have you ever needed help but just didn't know how to find it?

Vermont 2-1-1 offers free and confidential information and referral – every hour of the day, every day of the week.

VT 2-1-1 is available to you by:

- **telephone** – just dial 2-1-1 – it is a local call from anywhere in VT - and speak personally to a trained referral person
- **text** – simply send your zip code to “898211” – available Monday – Friday from 8:00am to 8:00pm
- **online** - type in <http://www.vermont211.org> or search “VT 211” in your browser - to access their user-friendly searchable database of services

VT 2-1-1 is a program of the United Ways of Vermont and it turns 15 years old on February 11, 2020! Nationally, in all 50 states, 2-1-1 serves over 260 million Americans - 80% of the U.S. population.

2-1-1 has protocols and technology in place to transfer crisis calls to agencies that provide crisis intervention and, in times of disaster, acts as the Secondary Response Line, allowing quicker, non-emergency relief for victims and communities including: food, shelter, volunteer and community-based relief. 2-1-1 will, as well, serve as rumor and information control including: dissemination of evacuation, traffic and shelter information.

Feel like volunteering for such a wonderful service? Sign up to help VT 2-1-1 keep their detailed information about community resources in Vermont up-to-date or to become a trained referral person.

And, definitely think of the VT 2-1-1 service next time you need to find a community resource.

9-1-1

We all know that “911” is used to report a Police, Fire, or Medical Emergency, of course. But did you realize that United Ways of Vermont also sponsors the CARE (Citizens Assistance Registry for Emergencies) program? The CARE Program helps Vermont residents who require special assistance in a wide-scale emergency identify themselves to 911.

Anyone with a disability or special circumstance can pre-register for special help in an emergency or evacuation. Examples would be a necessary evacuation or being isolated at home during a blizzard, road closure, or power outage.

Your information will be entered into a database linked to the E-911 system and will require annual renewal. All records are confidential and only shared with groups involved in helping with the emergency effort.

The registration form can be either downloaded and mailed in, or you can fill out an online form. Instructions and forms can be found online at: <https://e911.vermont.gov/care>

If you don't have a computer or need help with the form, give Lamoille Neighbors a call, or call VT 2-1-1.

Information submitted by board member, Maxine Adams



January

Kris Greene
Averill Loh
Pixie Loomis
Deborah Wheeler
Olea Smith-Kaland

February

Lisa Dimondstein
Mary Miller
Kathy Geiersbach

**Have a suggestion, a
comment, an idea? Call
802-585-1233 or email us at
lamoilleneighbors@gmail.com.
We want to hear from you!**

Olea's polenta au gratin

2 ½ cups polenta
7 ½ cups cold water
2 tsp. salt or to taste
1 cup of thick sour cream
3 jumbo eggs
a generous 1 ½ cups or more of grated cheese –
any hard cheese like a mixture of Parmigiano
Reggiano and Gruyere is good, or you can use
Cheddar or anything well flavored

Put the polenta in a large heavy pot. Gradually but vigorously whisk in the water, being sure there are no lumps. Add the salt, and bring to a simmer, whisking and then stirring with a wooden spatula or large wooden spoon as the mixture thickens into a heavy mush. Continue stirring over moderate heat for about 5 minutes.

-Then cover the pan. Stir the polenta frequently, adding more water only if it's so thick you can't stir it. Keep an eye on it to make sure it doesn't burn. After about 45 minutes, more or less, it should be a very thick mass.

-Beat in the sour cream, and stir to mix thoroughly. Remove from the heat, and add, one at a time, the eggs, mixing well each time. Then add a good cup of the cheese, and mix well. Taste for seasoning. Add pepper if you like – or not.

-Turn into a well buttered baking dish, and spread the remaining cheese on the top. At this point, you can set it aside, and bake it just before serving. Or you can refrigerate overnight, bring to room temperature the next day, and then bake it.

-Bake 30 - 45 minutes in the middle level of your oven at about 425 F or 400 F convection. It's done when it's bubbling hot and the top has browned nicely.

Join this exciting movement as a Lamoille Neighbors 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.

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

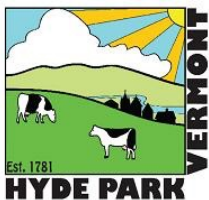
Want to reach our program manager? Call Bonnie at 802-585-1233. You can leave a message or e-mail lamoilleneighbors@gmail.com anytime and she will get back to you during the below hours.

Monday 10-2

Wednesday 11-2

Friday 9:30-12:30

Thank You to Our Community Sponsors



Lanpher Memorial
Library

Park Street Collective, LLC

