



## LAMOILLE NEIGHBORS

### Upcoming Member Events

#### March

**March 6th, Feast Friday Potluck.** (makeup from cancellation due to weather)

**March 9th,** Full Moon Snowshoe, check website for details.

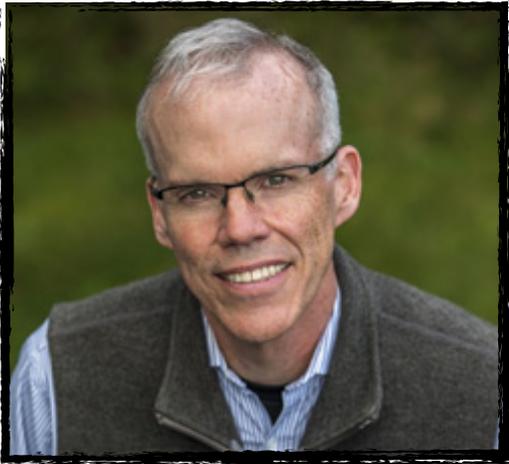
**Hand Building Pottery Class at River Arts.** March 11, 18, 25, April 8th we'll glaze our pieces and we'll pick up pieces with a tea party April 15th. All classes 10-12. Neither experience nor strong hands needed. Come have fun and explore your creative side. Classes taught by Jude Prashaw and are free to members. Maximum class size 12 so register early!

**March 22nd, Soup Sunday, 1PM.** We will provide soup, bread and dessert. Come enjoy good conversation and friendship.

**March 26th, *New date*,** Follow up from the *Writing an Ethical Will* workshop on February 6th. 1PM.

Save the date, Saturday, May 2nd for our first anniversary celebration at River Arts. Program to be announced.

## 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 in Hyde Park.

Bill McKibben is an internationally known Vermont author and environmentalist and founder of [350.org](http://350.org), the first planet-wide, grassroots climate change movement.

## Lamoille Neighbors Updates

- ◆ We currently have 46 volunteers and 50 members. 13 of our members are from Morrisville, 3 Stowe, 1 Johnson and 33 Hyde Park. 64% of volunteers are also members.
- ◆ We now have some financial assistance available. If you know someone who wants to join but can't afford the entire fee please let them know that we can help.
- ◆ Thank you to Community National Bank for a grant for membership assistance.
- ◆ Many of you have heard that Kathy Geiersbach, our treasurer, member and volunteer has been in the hospital and is now in rehab. We are sending Kathy and her family wishes for a speedy recovery. We love Kathy's humor, persistence, dedication and friendship.
- ◆ Lamoille Neighbors will have done 36 services in February! A big shout out to all our volunteers who make Lamoille Neighbors a big success. We are seeking more volunteers, particularly drivers. Volunteers can be anyone over 18 and from any town. Please refer anyone you know who would like to be a part of helping members feel less isolated and stay in their homes as long as possible.
- ◆ Bonnie, our program manager, is now working 15 hours. Her new hours are: Monday, Tuesday, Wednesday 11-3, Friday 9:30-12:30 Call Bonnie at 802-585-1233. You can leave a message or e-mail her and she will get back to you during office hours. [lamoilleneighbors@gmail.com](mailto:lamoilleneighbors@gmail.com)

Article submitted by board member Sue Moore

This article, by neuroscientist Dr. Daniel Leviton about the effects of aging on memory, is encouraging.

In the article "Everyone Knows Memory Fails as You Age, But Everyone Is Wrong", Dr. Leviton writes that everyone, young and old, experiences memory loss at times. He also describes how some aspects of memory improve as we age. Older people have accumulated more memories and so have more memories to sort through. We are better at recognizing patterns and making accurate predictions based on experiences. This article is adapted from Dr. Leviton's book Successful Aging: a Neuroscientist Explores the Power and Potential of Our Lives.

Click on link below to read the article. Copy attached for those that get hardcopy..  
<https://www.nytimes.com/2020/01/10/opinion/sunday/age-memory.html>



### **Community Events**

Let us know if you need transportation.

Seated Tai Chi Fridays 10-11 am at the Civic Center in Morrisville. Led by Maxine Adams (a board member of Lamoille Neighbors).

Seated Tai Chi is a gentle exercise that consists of slow movements. It improves balance, reduces fall risk and helps increase relaxation and a sense of well-being.

Arthritis Friendly Bone Builders, Tuesday and Fridays, 1-2PM at the Civic Center. Led by Maxine Adams. This is both standing and seated.

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

Teens Teaching Tech (TTT) March 15th, 1:30-3 .PM Lamoille Union technology savvy teens will be available at the Lanpher Memorial Library in Hyde Park to help people with their computer and tablet questions.

For other local non-profit events check our website [www.lamoilleneighbors.org](http://www.lamoilleneighbors.org) and click events.

Books That May Be of Interest- Available through Lanpher Memorial Library if has \*\*. If you have a book recommendations let us know.  
(Non-fiction list next month).

### **Fiction With A Focus On Older Adults**

- A Man Called Ove by Fredrik Backman \*\*
- A Portrait of an Artist, as an Old Man by Joseph Heller
- A Spool of Blue Thread, by Anne Tyler \*\*
- Crossing to Safety by Wallace Stegner \*\*
- Etta and Otto and Russell and James by Emma Hooper \*\*
- Less by Andrew Sean Greer \*\*
- Lila, by Marilynne Robinson \*\*
- Lillian Boxfish Takes a Walk: A Novel by Kathleen Rooney \*\*audio
- Look Homeward, Angel, by Thomas Wolfe \*\*
- Our Souls at Night: A novel by Kent Haruf \*\*
- Paris in the Present Tense by Mark Helprin \*\*
- Still Life with Bread Crumbs by Anna Quindlen \*\*
- The Little Old Lady Who Broke All The Rules by Catherina Ingelman-Sunderberg
- The Love Song of Miss Queenie Hennessy: A Novel by Rachel Joyce \*\*
- The Night Guest: A Novel by Fiona McFarlane
- The Old Man and the Sea, by Ernest Hemingway \*\*
- The Unlikely Pilgrimage of Harold Fry: A Novel by Rachel Joyce \*\*
- Those Foolish Things by Deborah Moggach
- Tirra Lirra by the River by Jessica Anderson



**March**

John Clark  
Larry Gibs

Have a suggestion, a comment, an article for the newsletter, an idea? Call 802-585-1233 or e-mail [lamoilleneighbors@gmail.com](mailto:lamoilleneighbors@gmail.com). We want to hear from you!

**Tomato Basil Soup from Soup Sunday by Wiffy Brooks**

- 1 TBSP olive oil
- 1 cup chopped carrots
- 1 cup chopped onions
- 1 cup chopped celery
- 2 cans diced tomatoes undrained (29oz)
- 2 TBSP tomato paste
- 4 cups chicken broth
- 1/4 cup fresh basil leaves chopped (or 1 TBSP dried)
- 1 tsp dried oregano
- 1/2 cup butter
- 1/2 cup all-purpose flour
- 1 cup freshly grated parmesan cheese
- 1/2 cup half and half
- 1 tsp salt
- 1/4 tsp pepper

On stove top add diced tomatoes, carrots, celery, onions, tomato paste, chicken broth, oregano, and basil to a large soup pot. Bring to a gentle boil and cook for several minutes until vegetables are tender.

In a separate pot prepare the roux. Add butter to the pot over medium low heat until melted. Stir in the flour and mix together constantly for about 10 minutes or until the roux is golden brown. Slowly add 1 cup of soup from the other pot to the roux-it will start to form a thick paste. Slowly add 3 more cups of warm soup to the roux. Whisk together until smooth. Add the mixture to the soup pot and stir to combine. Puree until smooth. Return to soup pot. Stir in Parmesan cheese, half and half, salt and pepper. Add additional oregano and basil if needed, to taste. Stir well and cook until warm.



3 brave members joined the full moon snowshoe in minus 4 degree weather. It was the most stunning night the three of us have ever seen and we kept warm!

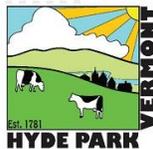


8 members attended the workshop on writing an ethical will led by Judy Clark. We are all excited to continue this process together. 7 members joined the game afternoon but I got so involved in playing I forgot to take a photo.

### Thank You to Our Community Sponsors



Lanpher Memorial Library



Park Street Collective, LLC

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.