



MMV News You Can Use

January 1, 2021

Mount Mansfield Villages uses **MMV News You Can Use** to periodically share information that might be of interest to its members, volunteers, and friends.

If you have suggestions for postings or if you wish to unsubscribe, please let us know at mountmansfieldvillages@gmail.com.

MMV News You Can Use has 2 sections:

- **UPCOMING EVENTS**

In the following categories:

- **Stay Safe in the Pandemic p. 2**
- **Better Health as We Age p. 3**
- **Protect Your Legal & Financial Well-Being p. 5**
- **Channel Your Creativity p. 6**
- **Proud to Be a Vermonter p. 8**
- **Enhance Your Knowledge p. 9**

Events are online only & free to all, unless noted otherwise.

- **ONGOING RESOURCES p. 11**

Want More Information about MMV?

Please get in touch if you'd like to explore becoming a member, volunteer, donor, or commercial service provider. You can:

- visit our website (www.mountmansfieldvillages.org)
- email us at mountmansfieldvillages@gmail.com
- call us at (802) 858-5381

UPCOMING EVENTS

STAY SAFE IN THE PANDEMIC

- **A NEW PANDEMIC--HOW SCAMMERS EXPLOIT VULNERABILITIES CREATED BY THE COVID-19 CRISIS**

Wednesday, January 6, 2021, 10:00am - 11:00am

AARP - Fraud Information Seminar 4

[see also [MMV Events List](#)]

Con-artists take advantage of people by playing on emotional themes. The current pandemic has created “the perfect storm” for these criminals. Learn the ABC’s of Novel Coronavirus scams, how to spot and avoid them, and how to report them. Resources will be provided and there will be ample opportunity to ask questions.

Here is the [link](#) for registering for this online, Zoom presentation. The presentation begins at 10am, though the meeting will be “open” for conversation starting at 9:30am.

- **LONELINESS, STRESS, AND THE PANDEMIC: IMPACT ON OLDER ADULTS**

Wednesday, January 13th, 7:00pm

Lamoille Neighbors – Virtual Monthly Speaker Series

[see also [MMV Events List](#)]

We're excited to announce a partnership with our neighboring village, Lamoille Neighbors. We invite you to join in on a virtual speaker-of-the-month, beginning on January 13, 2021, presenting Gary S. Moak M.D.

Gary is the Director of the Geriatric Psychiatry Fellowship Program at Dartmouth-Hitchcock Medical Center and Chief of Geriatric Psychiatry, New Hampshire Hospitals. He is board-certified in Psychiatry, Neurology, and Geriatric Psychiatry and wrote *Beat Depression to Stay Healthier and Live Longer*.

Click [here](#) to view the registration web page--registration is required.

This program will be offered via Zoom. We will email you the link as we get closer to January 13th.

BETTER HEALTH AS WE AGE

- **WHO CARES FOR THE CAREGIVER?**

Tuesday, January 12, 2021, 10:00am - 11:00 am

Caregiver Teleconnection

Caregivers – you find yourself as lead control center or life coordinator for your loved one with Alzheimer’s Disease or Related Dementia. You become nurse, cook, physical therapist, accountant, counselor, chauffeur, activity director, and so much more. But who takes care of you? Join Nestor H. Praderio, M.D., in this online session as he reviews data, trends, and tips for maintaining a healthy role as a Caregiver.

To register, call (866) 390-6491 or use [this link](#).

- **WHAT IS MEMORY AND HOW CAN I KEEP MINE?**

Tuesday, January 19, 2021, 11:00am – 12:00pm

Caregiver Teleconnection

In this online session Tam Cummings, Ph.D., professional gerontologist, will explain what memory is, how it functions, and what happens to the brain during dementia. Exercises for keeping your healthy and normally aging brain strong will also be discussed.

To register, call (866) 390-6491 or use [this link](#).

- **GENTLE FLOW YOGA**

Wednesday, January 20, 2021, 5:30pm - 6:30pm

AARP VT in Collaboration with Sangha Studio

Please Note: AARP VT Membership Required

Join us for Gentle Flow Yoga, an accessible, all-levels class appropriate for students newer to the practice, those with injuries or limited mobility, students seeking a lower impact flow, and anyone who appreciates a slower, softer practice. The class will focus on connecting to the breath, releasing tension, and gently developing strength and flexibility. Variations will be given throughout the class to accommodate students of all levels. Beginners are encouraged in this mixed-level class.

To register, call AARP VT at (866) 227-7451 or use [this link](#).

- **VIRTUAL WINTER BIKING & WALKING WORKSHOP**

Wednesday, January 27, 2021, 9:00am - 10:00am

AARP VT in Collaboration with Local Motion

Please Note: AARP VT Membership Required

Join AARP Vermont and Local Motion for the first of two Virtual Winter Biking and Mobility sessions. During the workshop, we will cover topics including:

- the biggest challenges to biking and walking in the winter
- discuss important gear for biking and walking
- basic winter riding skills
- how to stay safe walking/riding in the winter
- recreational opportunities
- what to do when the ride is done - taking care of your bike and your body

The second workshop will be held on February 10, 2021.

To register, call AARP VT at (866) 227-7451 or use [this link](#).

- **3SquaresVT: LIVE Q&A SESSIONS**
Twice monthly, live online sessions
Age Well, Essex, VT

Always wanted to know more about 3SquaresVT? Announcing twice-monthly 3SquaresVT online Q&A classes with specialist Isaac Kranz. These free classes will help you learn about the program, help you understand if you're eligible, and let you ask questions.

To register: call (802) 662-5266 or email ikranz@agewellvt.org

PROTECT YOUR LEGAL & FINANCIAL WELL-BEING

- **A NEW PANDEMIC--HOW SCAMMERS EXPLOIT VULNERABILITIES CREATED BY THE COVID-19 CRISIS**
Wednesday, January 6, 2021, 10:00am - 11:00am
AARP - Fraud Information Seminar 4
[see also [MMV Events List](#)]

Con-artists take advantage of people by playing on emotional themes. The current pandemic has created "the perfect storm" for these criminals. Learn the ABC's of Novel Coronavirus scams, how to spot and avoid them, and how to report them. Resources will be provided and there will be ample opportunity to ask questions.

Here is the [link](#) to register for this online, Zoom presentation. The presentation begins at 10am, though the meeting will be "open" for conversation starting at 9:30am.

- **RECOGNIZING THE SCAMS BEFORE YOU BECOME A VICTIM**
Wednesday, January 20, 2021, 10:00am - 11:00am
AARP - Fraud Information Seminar 5
[see also [MMV Events List](#)]

Annually, \$65 billion is lost to Medicare Fraud that could be applied to

extended benefits and reduced taxpayer liability, while a much smaller number, approximately \$3 billion, is lost annually in investment fraud. This may be a smaller number, but it's an amount that directly impacts the life savings of many senior citizens. Join our fraud team for an examination of these two areas of fraud, how to recognize them, and what you can do to avoid them.

Click [this link](#) to register for this online, Zoom presentation. The presentation begins at 10am, though the meeting will be "open" for conversation starting at 9:30am.

CHANNEL YOUR CREATIVITY

- **PAINTING DEMONSTRATION**

Thursday, January 7, 2021, 10:00am - 12:00pm

Also, the 1st Thursday of every month

Please Note: Requires membership in the nonprofit Essex Art League

Would you enjoy watching Kathy Bergeron, a well-known Vermont artist/teacher, paint a local autumn scene in watercolors? Kathy paints quickly using wet-on-wet, so we'll have time for Q and A and to look at some of her other paintings. Her demonstration will last about two hours.

Essex Art League invites all of you--artists, wannabees, or art lovers--to join our nonprofit for only \$15/year. Then you will be able to zoom with this warm, friendly group and enjoy Kathy and other prominent artists on the 1st Thursday of every month at 10am.

The artist presenters work in many different mediums, so you will be able to enjoy mosaics, mono-printing, acrylic, and oils.

To join & register, email Annette Bauerle, annettebauerle@gmail.com

- **VIRTUAL PAINT & SIP - BIRCH TREES**

Thursday, January 14, 2021, 4:00pm - 5:30pm

OR Sunday, January 17, 2021, 3:00pm - 4:30pm

Please Note: AARP VT Membership Required

(Please see the description below)

- **VIRTUAL PAINT & SIP - SUNRISE BLISS**

Thursday, January 21, 2021, 4:00pm - 5:30pm

OR Sunday, January 24, 2021, 3:00pm - 4:30pm

Please Note: AARP VT Membership Required

Join us for a relaxing and fun Virtual Paint Class Experience. No painting experience required. Our class will have a professional instructor walk us through, step-by-step. This is a great way to unwind, flex your creative abilities, and try something new. All participants will be mailed a paint kit to their home. The kit includes an 11" x 14" canvas board, 3 brushes, a printout of our Birch Trees or Sunrise Bliss, and soothing colors that match our inspiration. You will also be provided with a link to dial-in for the virtual class! Any computer, iPad, or Mobile device will work for the connection.

To register, call AARP VT at (866) 227-7451 or use the following links:

- Birch Trees - January 14, 4pm - [Register here](#)
- Birch Trees - January 17, 3pm - [Register here](#)
- Sunrise Bliss - January 21, 4pm - [Register here](#)
- Sunrise Bliss - January 24, 3pm - [Register here](#)

- **COCKTAILS WITH THE CURATOR, ONLINE**

Every Friday at 5:00pm

Frick Museum, NY City

The Frick concocts the perfect mix of cocktails and art. Every Friday at 5:00 pm, join for happy hour as a Frick curator (remotely) offers insights on a work of art with a complementary cocktail. Bring your own beverage to this virtual event.

CLODION'S DANCE OF TIME

Friday, January 1, 2021, 5:00pm (The Frick has not yet posted the January 8 episode, so we're including last week's episode as a sample)

In this week's episode of *Cocktails with a Curator*, toast the new year with Deputy Director and Peter Jay Sharp Chief Curator Xavier F. Salomon as he examines a masterpiece of both sculpture and clockmaking: The Dance of Time, by Clodion (Claude Michel) and Jean-Baptiste Lepaute. In this 18th-century timepiece, three terracotta nymphs or Hours dance in a circle around an exquisite mechanism enclosed in a glass globe.

View the *Cocktails with the Curator* episodes from [this webpage](#).

- **ARTIST'S AFTERNOON WITH STEVEN VALLEAU: DECOY CARVER & ENTHUSIAST, ONLINE**

Wednesday, January 13, 2021, 1:00pm - 2:00pm

Shelburne Museum

In celebration of the virtual exhibition "A. Elmer Crowell: Sculptor, Painter, Decoy Maker," join Steven Valteau, Artist-In-Residence at the Wendell Gilley Museum and carver of over 45 years, for a presentation of the works of master carvers Elmer Crowell and Wendell Gilley, a discussion of his own carving practices and current projects, and live audience Q&A.

To register for the Decoy presentation, [click here](#).
Or call (802) 985-3346.

PROUD TO BE A VERMONT

- **VERMONT TRIVIA NIGHT – FAMOUS VERMONTERS**

Monday, January 17, 2021, 7:00pm – 8:00pm

AARP VT in Collaboration with the Vermont Historical Society

Please Note: AARP VT Membership Required

Do you know what a gore is, and how many there are in Vermont? How

about the original name for Camel's Hump? What's the official state bird?

Test your wits while spending time with family and friends. You'll compete against other teams for prizes and learn fun new facts about the Green Mountain state! Each month will feature a different Vermont-specific topic, with January being: Famous Vermonsters.

To register, call AARP VT at (866) 227-7451 or use [this link](#).

- **ASK A NATURALIST: WINTER IN VERMONT**

Tuesday, January 19, 2021, 12:00pm – 1:00pm

AARP VT in Collaboration with Audubon Vermont

Based on the new webinar series from Audubon Vermont, Birds of Vermont Museum, and the Vermont Reptile and Amphibian Atlas, this exciting program will bring naturalists to AARP Vermont to talk directly with you about what is happening outside. While we can talk generally amongst ourselves about what is exciting outside during our long, dark winters, this program will work best if you bring a question or two (tuning in to listen is also ok)! Questions on migration, hibernation, winter, wildlife, etc are all welcome topics.

To register, call AARP VT at (866) 227-7451 or use [this link](#).

ENHANCE YOUR KNOWLEDGE

- **FIRST WEDNESDAYS**

The first Wednesday of each month, 7pm

Vermont Humanities & Library Partners in Vermont

1st Wednesdays are free public talks hosted by our library partners in Vermont, offered online via Zoom. Advance registration is required for these events.

The list of libraries and all lectures can be found at [this link](#).

WHY COLLEGE IN PRISON? WHY LIBERAL ARTS?

Wednesday, January 6, 2021, 7:00pm

In conjunction with the Brownell Library

When the University of Vermont started offering liberal arts courses in prison for credit, some thought the program should instead teach trades or vocational skills. Kathy Fox, Associate Dean in the College of Arts and Sciences at the University of Vermont and the founder and director of the UVM Liberal Arts in Prison Program (LAPP), explains how everyone can be transformed by exposure to a liberal arts curriculum.

To register for *Why College in Prison*, see [this link](#).

HOW YIDDISH CHANGED AMERICA & HOW AMERICA CHANGED YIDDISH

Wednesday, January 6, 2021, 7:00pm

In conjunction with the First Congregational Church of Manchester

Yiddish is imprinted in American English in terms like chutzpah, kosher, bagel, and schmooze. And the work of Sholem Aleichem, Anzia Yezierska, Isaac Bashevis Singer, Grace Paley, and Irving Howe shows the deep impact of Jewish immigration on the United States. Amherst College professor Ilan Stavans, the Lewis-Sebring Professor of Humanities, Latin American, and Latino Culture at Amherst College, surveys the journey.

To register for *How Yiddish Changed America*, see [this link](#).

ONGOING RESOURCES

- **MEALS ON WHEELS**

Age Well, Essex, VT

For individuals who have trouble getting around or preparing their own food, we deliver the meal to you. Prior to the pandemic, for those able to venture out, we served (and will serve again) in over 70 gathering places and restaurants throughout Northwestern Vermont, providing an opportunity to stay connected to your community, enjoying a prepared meal with friends and neighbors.

Eligibility Guidelines for Meals on Wheels at [this link](#).

More information: (800) 642-5119

- **NUTRITION COUNSELING**

Age Well, Essex, VT

Those with special dietary needs and restrictions benefit from the opportunity to meet with a Registered Dietician to develop a specialized plan and create menus to maintain a healthy lifestyle. The dietician makes in-home consultations. ***This service is limited to Age Well clients and is based on available funding.

More information at [this link](#) or call (800) 642-5119.

- **VERMONT RELAY**

The Vermont Telecommunications Relay Service (Vermont Relay) is a free service for all Vermonters, connecting individuals who are deaf, deaf-blind, hard-of-hearing, or have a speech disability with users of standard telephones. Whether calling on a standard telephone or a text telephone (TTY, a special phone with a typewriter-style keyboard), relay makes communication simple, 24 hours a day, 365 days a year.

For more information:

- Click <https://www.vermontrelay.com/>
- or contact Michelle Vicino, Vermont Relay Account Manager
(860) 986-7234 (Voicemail)
(860) 899-1097 (Videophone)

• END OF LIFE DOULAS

“End of Life Doulas strive to make the dying process as peace-filled and beautiful as possible. We get to know the dying person and their family, provide an environment that honors their wishes and fulfills their end of life needs, and can make the last days and hours comfortable, peaceful, and richly meaningful.”

For general information about end of life doulas in Vermont, see this [Vermont Public Radio link](#). For more specific local resources, click [this link](#).

• FALL PREVENTION

The National Council on Aging suggests 6 steps to prevent a fall:

- Find a good balance and exercise program. Contact your local Area Agency on Aging for referrals. In Chittenden County, call AgeWell at (802) 865-0360; in Lamoille County, dial (802) 479-0531.
- Ask your health care provider to assess your risk of falling.
- Regularly review your medications with your doctor or pharmacist to make sure side effects aren't increasing your risk of falling.
- Get your vision and hearing checked annually and update your eyeglasses.
- Keep your home safe. Download a copy of the **Home Fall Prevention Checklist** by [clicking this link](#).
 - Call the MMV office if you'd like us to send you a copy.
- Talk to your family members and enlist their support in taking simple steps to stay safe.