

# NEWS YOU CAN USE



## Mount Mansfield Villages

### NOVEMBER 2021

November is **National Native American Heritage Month**, **Alzheimer's Awareness Month**, and **Adopt a Senior Pet Month**.

The full moon this month is called the **Beaver Moon** and is at peak illumination on Friday, November 19, at 3:59am.

Dates of note:

**Nov 4—Diwali-Festival of Lights**

**Nov 11—Veterans Day**

**Nov 16—Int'l Day for Tolerance**

**Nov 25—Thanksgiving**

**Nov 28—Hanukkah** begins

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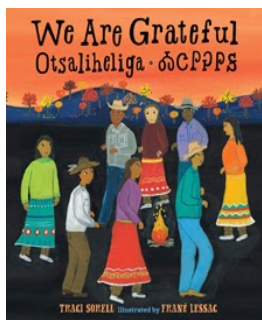
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Listed events are a smattering of options—with a focus on free, relatively local, and **in-person** unless noted.

## THANKSGIVING & GIVING THANKS



November is **National Native American Heritage Month**, offering many opportunities to move past one-dimensional representations of “Pilgrims and Indians,” including viewing the best in Native film in the **Native Cinema Showcase** (Nov 12–18) and to **rethink our Thanksgiving** celebrations. In the spirit of unity, we can instead focus Thanksgiving on our common values: generosity, gratitude, and community.

## MEMBERS' MEMORANDUM



### LAMOILLE NEIGHBORS WINTER SPEAKER SERIES

◆ ONLINE ◆

*Our sister Village organization, Lamoille Neighbors, generously invites us to attend its winter Zoom speaker series beginning in November.*



#### **FIRE, ROCK, AND ICE: AN INTRODUCTION TO OUR SOLAR SYSTEM** **Wednesday, November 10, 2021, 7:00pm**

From a 900,000 mile wide nuclear fire at its center to small chunks of rock in the darkness hundreds of millions of miles away, our solar system is an endlessly fascinating vista. We'll look at some aspects of that vista, including:

- How was the solar system created in the first place?
- Why are the planets where they are—four small, rocky planets closest to the sun, then the two gas giants, then the two ice giants?
- What happened to Pluto?
- And how will it end?

Please join our speaker, Jay Hersh, via Zoom to explore these questions and others.

Don't know much about astronomy? No problem. This presentation is aimed at beginners, with no technical knowledge required. A Zoom link will be sent out to registrants. Register [here](#).

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## HEALTH ASSISTANCE PROGRAM

*The Health Assistance Program (HAP) at The UVM Medical Center offers patient assistance, financial assistance, advocacy support, and other services.*

The Health Assistance Program (HAP) can help eligible low- and middle-income families get prescription medications at no cost, even if they have insurance.



### IF YOU QUALIFY:

- All co-pays and costs are waived for both brand-name and generic prescriptions. For example, a family of four with a household income of \$100,000 could save up to \$600 per month on out-of-pocket costs at the pharmacy.
- Medications can be picked up at a UVM Health Network pharmacy or conveniently mailed to your home.

### HAP ALSO PROVIDES:

- Assistance with eyeglasses and medical equipment.
- Assistance with enrollment in state and federal programs, including obtaining insurance through the Vermont Health Connect exchange.
- Advocacy and support with obtaining other healthcare-related resources.

**Call:** 802-847-6984 or toll-free at 888-739-5183,  
Monday - Friday, 8:30am–5:00pm

**Email:** [HealthAssistanceProgram@UVMHealth.org](mailto:HealthAssistanceProgram@UVMHealth.org)

**Website:** [Health Assistance Program at UVM Medical](#)

## PARTNERS AT MEALS

*The College of Nursing at the Medical University of South Carolina (MUSC) invites participation in a research study focused on individuals with dementia and their caregivers.*



**Partners at Meals** research study is a 6-month study focused on improving nutrition, meal-time enjoyment, and quality of life at home for individuals with dementia and their caregivers. Interested caregivers can enroll anytime between now and December 31, 2021. Enrolled caregivers will receive educational materials on mealtime strategies for people with dementia and once a month for 6 months they will:

- Complete a brief set of questionnaires over the phone with an MUSC staff person at their convenience.
- Take a before and after picture of three meals (breakfast, lunch, and dinner) and record the details of these meals on an accompanying meal log.

Lastly, for participating, caregivers will be compensated each month for their time.

If you are interested in learning more about this study and to determine if you may be eligible, see [\*\*this link\*\*](#).

*"Maintaining a nutrient-dense diet is critically important for older adults because of the impact of food intake on health. Years of research have demonstrated that diet quality has a huge effect on physical condition, cognitive condition, bone health, eye health, vascular function, and the immune system."*

*~ K. Tucker, Human Nutrition Research Center on Aging*

# COVID-19 BOOSTER SCAMS ON THE RISE

Reprinted from the [COVE Blog](#) (Community of Vermont Elders)



With more older people receiving booster shots, scammers are seizing the opportunity to defraud healthcare companies by sending out fake vaccine surveys offering cash prizes in return for completing the survey.

The surveys, which are sent by email or text, at first glance appear to be from known vaccine drug companies such as Pfizer or Johnson & Johnson. But in reality, the fake surveys are part of a multi-layered scheme designed to steal victims' information and help criminals defraud the system.

## The Scam Works Like This

The victim receives an email or text asking them to take a vaccine survey in return for a cash prize—often described as a \$50 gift card or as having “a minimum value of \$90.” Inside the email is a graphic promising an “exclusive offer” with a value of up to \$100. The graphic includes a countdown clock encouraging the victim to rush to start the survey.

The Federal Trade Commission and the U.S. Department of Justice have warned that the fake surveys will ask the victim for a credit card and/or bank information to claim their “free prize” or to pay for a “small shipping fee.”

The FBI warns that once the scammers obtain the victim's personal information, they use it to submit fraudulent claims to Medicare, Medicaid, or



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other health care insurers. The victims are also instantly exposed to identity theft, and their personal information may be sold on the dark web.

## What To Do if You Suspect a Phishing Attack

If you get an email or a text message that asks you to click on a link or open an attachment, ask yourself this question: "Do I have an account with the company or know the person that contacted me?"

- If the answer is "No," it could be a phishing scam.
- If the answer is "Yes," contact the company using a phone number or website you know is real. **Do not use or click on the information provided in the email.** Attachments and links can install harmful malware.

Protect your computer by using security software. Set the software to update automatically so it can deal with any new security threats.

Protect your mobile phone by setting software to update automatically. These updates could give you critical protection against security threats.

## What To Do if You Suspect a Scammer Has Your Information

If you think a scammer has your information, such as your Social Security, credit card, or bank account number, go to [IdentityTheft.gov](https://www.identitytheft.gov). There you will find the specific steps to take based on the information that was stolen from you.

If you have been targeted by or are the victim of a Medicare scam, contact Senior Medicare Patrol Director Michelle Kessler at (802) 229-4731 or [michellek@communityofvermontelders.org](mailto:michellek@communityofvermontelders.org)



*"It's morally wrong to allow a sucker to keep his money."*

~ W. C. Fields

## AGING WELL

- **SMOOTHIE SIPS & TIPS WORKSHOP** ♦ **ONLINE** ♦

**Tuesday, Nov 2, 2021, 7:00pm–8:00pm**

AARP National

Chef Adam will demonstrate several smoothies and explain how they can boost your nutrition and help lead to a healthier lifestyle. Register [here](#).



- **TXT U L8R** ♦ **ONLINE** ♦

**Wednesday, Nov 3, 2021, 6:00pm–7:00pm**

UVM Medical Center

TXT U L8R demonstrates the life-altering consequences of distracted driving and gives you the tools to build better driving habits. Information and registration [here](#).



- **CAREGIVING, COVID-19 AND THE HOLIDAYS**

♦ **CONFERENCE CALL** ♦

**Wednesday, Nov 10, 2021, 11:00am–12:00pm**

Caregiver Teleconnection

What is “safe” these days? Dr. Elliot Sklar discusses what caregivers should know ahead of the holidays and the latest news about COVID-19. Register [here](#).

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

**Saturday, November 20, 2021, 9:00am–10:30am**

Good Shepherd Lutheran Church, Route 15, Jericho



- **GRAB 'N GO LUNCH—FOR AGES 60 & OVER**

**Wednesday, November 24, 11:00am–12:00pm**

**(Register by Friday, Nov 19)**

**Location:** St. Thomas's Church, Underhill Center

Email Donna: [bellyacr@gmavt.net](mailto:bellyacr@gmavt.net) or call (802) 434-3155. Menu [here](#).

## CHANNEL YOUR CREATIVITY

- **MICHAEL ARNOWITT—CLASSICAL CONCERT**

**Friday, November 5, 2021, 7:30pm**

McCarthy Arts Center Recital Hall, St. Michael's College

The internationally-celebrated concert pianist plays pieces by Bach, Brahms, Ligeti, and Ginastera. Program information [here](#). Event information [here](#).



- **APPLE AND CHERRY BRANDIED PIE ♦ ONLINE ♦**

**Sunday, November 7, 2021, 12:00pm–1:30pm**

AARP VT & King Arthur Baking

Learn the science behind a flaky and tender crust as you create and roll pie pastry for this double-crust pie—seasonal apple with brandy-soaked cherries and a slight hint of spice! Info and registration [here](#).

- **VIRTUAL VISITING ARTIST TALK: LEEZA MEKSIN ♦ ONLINE ♦**

**Thursday, Nov 11, 2021, 7:00pm–8:00pm**

Vermont Studio Center



Leeza Meksin, a Brooklyn-based artist who makes large-scale art out of spandex, zip ties, neoprene, and other untoward materials, has more energy, generosity, and sparkle than anyone else on the block! Register [here](#).

- **ADULT CRAFT: BOOK TURKEY**

**Saturday, November 13, 2021,  
11:00am–1:00pm**

Burnham Memorial Library, Colchester

Join the Burnham Library at the Library Meeting House and learn how you can repurpose an old book into a fantastic centerpiece! Registration [here](#).





## ENHANCE YOUR KNOWLEDGE

- **WE ARE THE LAND: HISTORICAL AND CONTEMPORARY PERSPECTIVES ON ABENAKI SOVEREIGNTY** ♦ **ONLINE** ♦

**Wednesday, November 3, 2021, 7:00pm**

Vermont Humanities & Kellogg-Hubbard Library

Bryan Blanchette and Melody Walker Mackin discuss colonialism, contrast the traditional and contemporary Abenaki connection to the land, and consider ideas on reciprocity and reconciliation. Register [here](#).



- **WHAT SHOULD WE DO? THE CIVIC QUESTION, AND HOW MORE AMERICANS CAN ASK IT** ♦ **ONLINE** ♦

**Wednesday, November 3, 2021, 7:00pm**

Vermont Humanities & Norwich Public Library

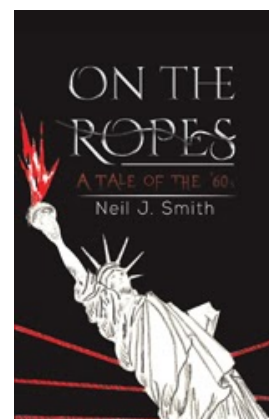
Tufts University professor and author Peter Levine reflects on how we can answer this question and revive civic life. Register [here](#).

- **BOOK DISCUSSION: ON THE ROPES** ♦ **ONLINE** ♦

**Wednesday, November 17, 2021, 6:30pm–8:00pm**

Deborah Rawson Memorial Library with author Neil J. Smith

Set in the '60s when the nation demanded social justice and an end to a brutal war, this is the story of a young black fighter, Percival Jones, whose bid for the 1968 Olympic Gold is sidetracked by the deaths of Martin Luther King, Jr. and Robert F. Kennedy. Register [here](#).



- **VERMONT HUMOR: "I COULD HARDLY KEEP FROM LAUGHING"** ♦ **ONLINE** ♦

**Wednesday, December 1, 2021, 7:00pm**

Vermont Humanities & Norwich Public Library

Author Bill Mares and cartoonist Don Hooper share tales that illustrate the comeuppance and subtlety of Vermont humor. Register [here](#).

# INSPIRED BY NATURE

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- **THE WONDERFUL WORLD OF CROWS & RAVENS** ♦ **ONLINE** ♦

**Friday, November 12, 2021, 7:00pm**

Friends of Green River Reservoir

Join Bird Diva [Bridget Butler](#) and find out how smart corvids really are, the difference between crows and ravens, and their complex social structures. Register by emailing us at [webmaster@fgrrvt.org](mailto:webmaster@fgrrvt.org). More info [here](#). Registration link will be sent the week before the program.



- **OVERVIEW OF COMMON TREE PESTS** ♦ **ONLINE** ♦

**Wednesday, November 17, 2021, 12:00pm–1:00pm**

Vermont Woodlands Association & Working Woodlands Workshops

Join Hannah Dallas, Southern Windsor County Forester, and learn about different tree pests, the signs and symptoms, and what options you have available to manage them. Register [here](#).

- **CREATE A WINTER CENTERPIECE**

**Saturday, December 4, 2021, 9:00am–11:00am  
or 1:00pm–4:00pm**

Friends of the Horticultural Farm, South Burlington

Make a fresh holiday arrangement with greens and cuttings of wine-red dogwoods, fir, pine, cedar, and more. Held inside the Hort Farm Blasberg Building. Non-member \$35. Register [here](#).



- **JERICHO VERMONT—IMAGES OF COMMUNITY** ♦ **ONLINE BLOG** ♦

Visit this heartfelt, inspiring [online blog](#) by local storyteller, photographer, and essayist Bernie Paquette, “connecting native habitat and wildlife with community. I will always believe Caring plus Contribution equals Community.”



## COOK'S CORNER

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### ROASTED CHICKEN THIGHS WITH WINTER SQUASH

*An easy-peasy Sheet Pan Recipe inspired by Melissa Cook - NYT Cooking*



#### INGREDIENTS:

- 1/2 lemon, ends trimmed, seeds removed, thinly sliced (keep the rind on)
- 4 skin-on chicken thighs, bone-in or boneless (~ 1 and 1/2 pounds)
- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- 1 tablespoon fresh chopped sage
- 1 and 1/2 teaspoons coriander seed
- 1 and 1/2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1/4 cup maple syrup
- 3 tablespoons unsalted butter, cut into cubes
- Large pinch of chile powder
- 1 butternut, delicata, or acorn squash (~ 1 and 1/2 pounds), seeded, (peeled if desired), sliced into 1/4 inch thick rings
- 1/3 cup thinly sliced scallions, white and light green parts

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## **PREPARATION:**

### **STEP 1**

Bring a small pot of salted water to a boil; drop in lemon slices and cook for two minutes. Drain well.

### **STEP 2**

In a large bowl, toss chicken with lemon slices, 1 tablespoon oil, sage, coriander, 1 teaspoon salt, and pepper. Let stand covered for 30 minutes in the refrigerator.

### **STEP 3**

Heat oven to 425 degrees.

### **STEP 4**

In a small saucepan over medium heat, combine syrup, butter, remaining 1/2 teaspoon salt, and chile powder. Simmer for 3 minutes.

Toss mixture with squash.

### **STEP 5**

Spread squash in a 9 by 13-inch pan or on a large rimmed baking sheet.

Nestle chicken (skin side up) and lemon on top of the squash. Roast for 15 minutes.

In a small bowl, toss scallions and the remaining 1 teaspoon oil.

Scatter over chicken and squash; keep roasting until chicken is no longer pink, about 10-15 minutes more. Chicken should measure 165 degrees minimum with a probe.

*"I often use Butternut Squash. I peel it, cut the bottom from the neck, and for ease of handling, slice each in half lengthwise before cutting the 1/4 inch thick slices. Some slices turn out as half-rings, some as half-circles.*

*The coriander seeds have a very mild taste but add a nice texture to the dish. I sometimes use Chili Powder instead of Chile Powder.*

*Terrific with scalloped potatoes and green beans!"*

~ P. Miller

# MEET A FRIENDLY NEIGHBOR

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## ~ DAN WATERMAN ~



Born in 1944 in Los Angeles, I am a product of many of the places where I have lived. My family seemed to move every seven years when I was growing up, so we lived in Massachusetts, suburban Chicago, Connecticut, Alabama, and then finally back to Chicago.

Education was at Trinity College (Hartford), and from there life became a little more exotic. I was in Philadelphia for a year doing bench research on a strange protein that seemed to have some relationship to serum hepatitis, and at the end of my year there, Dr. Baruch Blumberg, for whom I worked, discovered the Hepatitis B virus (and was awarded the Nobel Prize in Medicine in 1976 for his discovery and development of vaccine).

Malaysia and the Peace Corps ('67-'69) was my next stop. I was a rural health volunteer for two years, digging latrines and wells, working out of a rural health clinic in northern Malaysia near the Thai border. One day I returned from a trip upriver in Borneo and received the only call from my father during the two years (no cell phones or internet then), telling me that I had to come home because I had been admitted to Hahnemann Medical College.

Pulling up stakes quickly, I returned to Philadelphia for the next four years. My wife of 47 plus years, Deborah, and I were in the same class in medical school. I trained at George Washington U. Med Center, and after a fellowship in Infectious Disease at the U. of Maryland, I practiced both internal medicine and infectious disease control in Washington DC for 35 years.



I started traveling again after being in practice for 25+ years. I became interested in refugee health and human rights, so my next sojourns took me to Rwanda, the Democratic Republic of the Congo, and finally, to Uganda where I worked for a short while. Because of this interest, at age 57 I went back to school and after three years of a part-time program at Johns Hopkins, got my Masters of Public Health. The decision point then was to work in Africa or to stay in practice in DC. At 60 years of age, I did not think it a wise decision to live in Africa, and furthermore, I would miss the relationships with my patients that had been cultivated over the thirty years. We bought our house in Jericho about 14 years ago, I retired at 70 from my practice in DC, and at that point, we moved full-time to Vermont.



Deborah and I have three sons, Ben in Johnson, VT, Andrew in Oakland, and Charlie in Atlanta. Ben, our oldest, also a returned Peace Corps volunteer in Malawi with his wife, Stacey, have a large organic blueberry farm (Waterman Orchards) in Johnson. We have 6 grandchildren equally divided between these places, and thankfully, we are beginning to see them again.



And then, finally, to retirement eight years ago. Deborah and I love this rural place; we hike when weather permits and cross-country ski in winter. Deborah still enjoys practicing pediatric neurology part-time at UVM.

Vermonters, and all those at UVM Medical Center where I volunteer as a part-time teacher, are the friendliest people I have ever met.



I became involved in Mount Mansfield Villages because of my experience with the D. C. Capitol Hill Village, which was very active, and I appreciated then that this organization and those like it play an important role in supporting and advocating for seniors and enabling them to remain at home.



**MOUNT MANSFIELD VILLAGES** volunteers assist our members with many tasks. Just to name a few:

- run errands
- provide rides to appointments, shopping, and social events and visits
- change a hard-to-reach light bulb or smoke detector battery
- dump the trash
- weed the garden
- shovel the walk
- set up computers, phones, televisions
- daily check-in calls
- weekly visits
- yardwork

For questions or requests for service, you can contact us:

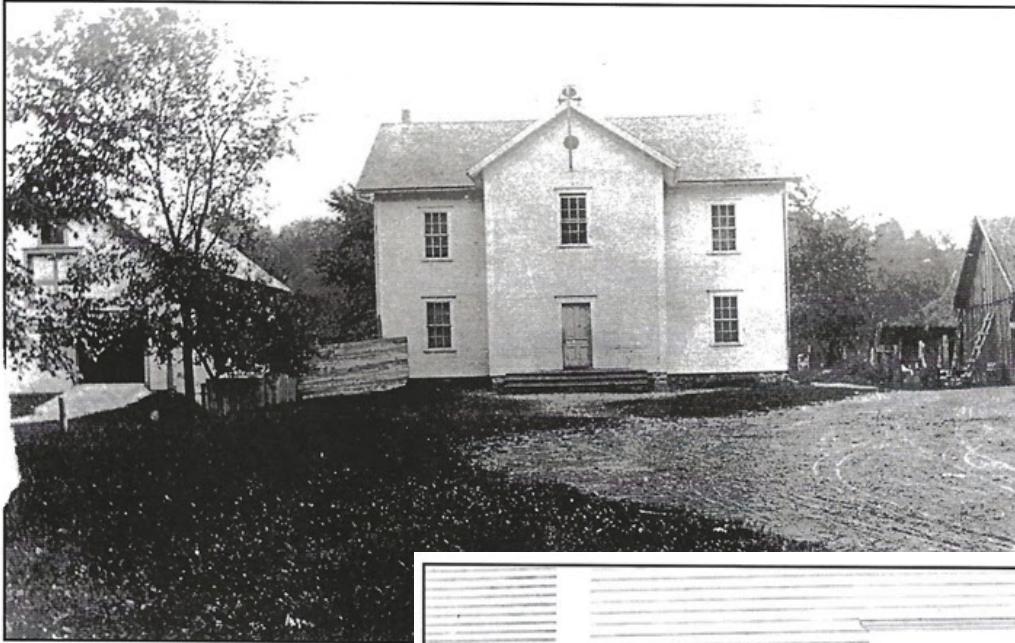
**Email:** [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com)

**Phone:** (802) 858-5381

# REMEMBER WHEN CAMBRIDGE...

## CAMBRIDGE SCHOOL DAYS

*Reprint "From the Lens of a Camera to a Postcard"*



**THE 1800'S WOOD  
SCHOOL BUILDING**

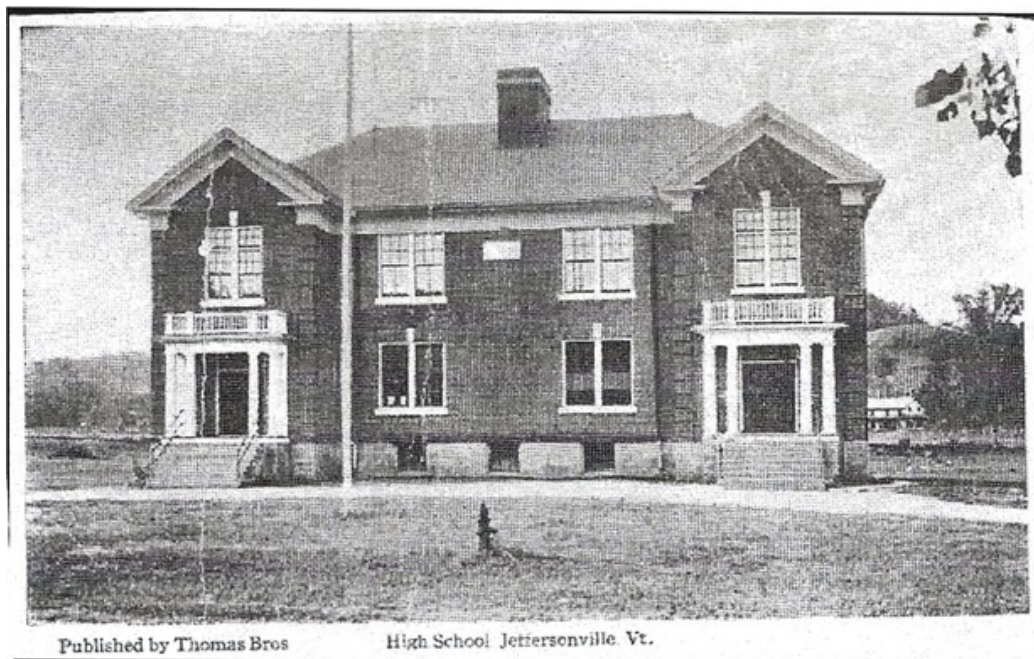


When the townspeople decided to build a new school in Jeffersonville in 1914, the existing wood school building and lot were exchanged with Abbie Varnum for land on which to construct a new school. In 1915, the former wood school building was moved to School Street and was used as an apartment building for many decades.









## THE NEW BRICK SCHOOL

A new school, built in 1914 as the Cambridge Junior High, served grades 1-10. Grades 11 and 12 went to Morrisville to finish.

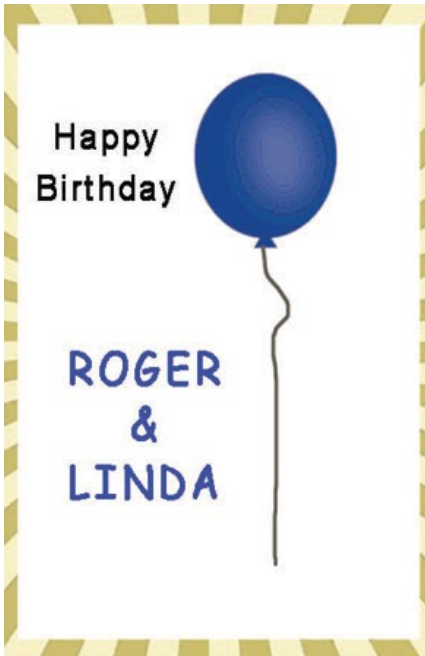
Six years later, an addition to the brick school building made it possible to include grades 11 and 12. At the time, the cost of the addition was \$25,000 (equivalent in purchasing power to \$350,000 today).







## SPECIAL SALUTE



### BIRTHDAY IN HISTORY

Sir Winston Spencer Churchill, born November 30, 1874, began his walk with destiny as Prime Minister of the coalition government in World War II, masterminding battle strategy and the diplomacy which ultimately drew the USA into the conflict. In a nationwide BBC poll attracting more than a million voters, **Winston Churchill** was voted the Greatest Briton of all Time.



*"United wishes and good will cannot overcome brute facts. Truth is incontrovertible. Panic may resent it. Ignorance may deride it. Malice may distort it. But there it is."*

*"The inherent vice of capitalism is the unequal sharing of blessings. The inherent virtue of Socialism is the equal sharing of miseries."*

~ Winston Churchill



### WE THANK OUR GENEROUS COMMERCIAL DONORS

Ben and Jerry's Foundation  
Cambridge Rotary  
Concept2, Morrisville  
Eagles Club, Jeffersonville  
The Harnisch Foundation

Hickok and Boardman, Inc.  
Jericho United Methodist Church  
SecurShred, South Burlington  
Union Bank, Jericho  
United Church of Underhill



It takes a village to help older adults stay in their homes, live independently, and remain connected. Mount Mansfield Villages (MMV) is a nonprofit 501(c)3, membership organization formed to provide a supportive village for residents of Cambridge, Underhill, & Jericho.

Want more information about MMV?

Visit our website [www.mountmansfieldvillages.org](http://www.mountmansfieldvillages.org)

Email us at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com)

Call us at (802) 858-5381

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



***MMV News You Can Use*** is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—some digital and others in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event providers or listings other than the events it specifically sponsors or co-sponsors.

If you have suggestions for postings, problems with “links” in the newsletter, or if you wish to unsubscribe, please let us know at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com).