



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 3 sections:

- **Upcoming Events**
- **Items of General Interest**
- **Resources from Previous Issues**

MMV members who would like help getting to any events are encouraged to submit a request for transportation, and hopefully we'll be able to link you up with a volunteer driver.

Upcoming Events:

- **Yuletide Concert & Sing-Along**

Friday, December 6, 2019

7:00 PM

Good Shepherd Lutheran Church (273 VT Route 15, Jericho)

"The Holiday Season would not be complete without our yearly Yuletide Concert & Sing-Along. Do not miss this rich and uplifting offering of traditional, ethnic, and Celtic music."

FREE ADMISSION. Donations of cash and/or food will be accepted to benefit The Jericho-Underhill Ecumenical Ministries Food Shelf Breakfast Program.

Click goodshepherdjericho.org/yuletide-concert-and-carol-sing-along for more information.

- **Live Nativity**

Saturday, December 7, 2019

2 - 4 and 6 - 8 PM

Catalyst Church (100 Raceway Road, Jericho)

Christmas in Vermont and Catalyst Church present a "Live Nativity" on December 7th in two showings from 2-4 PM and 6-8 PM. "Join us for a live, outdoor nativity. Complete with real farm animals. Christmas caroling and hot chocolate by the bonfire! Free to the public!"

- **Winter Solstice Celebration**

Saturday, December 21, 2019

4:00 - 5:45 PM

Smuggler's Notch Resort (4323 VT Route 108 S, Jeffersonville)

"Kick off the festivities at 4:00 pm with Jeh Kulu Dance and Drum Theater in the Meeting House. Then join Goodtime Charlie for a dance party. There will be glow sticks and hot cocoa for the kids. This is a Boston Globe 'Don't Miss Event' ... and a Family-Friendly, Smuggs Activity event."

- **MMU After Dark**

January, 2020

MMU After Dark is a Mount Mansfield Unified Union School District program that offers low-cost "mini-courses" on a wide variety of topics--such as pottery, caring for wildlife, "de-stress yoga," retirement principles, and "Great Decisions" (a seminar about issues of American foreign policy). Sessions run in the fall, winter, and spring. The winter session begins in January, 2020. See mmuafterdark.com (especially the link to **Classes** at the top of the screen) for more information.

Items of General Interest:

- ***Aging in Place with Mount Mansfield Villages***

A front-page, lower right article in the November 21, 2019, **Mountain Gazette**. Click [here](#) or visit www.mtngazettevt.com and click **2019** and then **November 21**.

- **Spending Your Golden Years with Dogs**

This is a nice article with tips for sharing your life with your best friend!
www.whole-dog-journal.com/lifestyle/human-focus/spending-the-golden-years-with-dogs

Resources from Previous Issues:

- **Six Steps to Prevent a Fall:**

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:
www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf
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.

- **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." (<https://endoflifedoulasvt.com>)

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**