

# NEWS YOU CAN USE



## Mount Mansfield Villages

### JANUARY 2022

Happy New Year to all—an opportunity for a fresh start and more beautiful snow!

The full moon this month is called the **Wolf Moon** and is at peak illumination on Monday, January 17, at 6:51pm.

Dates of note:

Jan 4—**World Braille Day**

Jan 16—**ADA, effective 1992**

Jan 17—**Martin L. King Jr. Day**

Jan 23—**National Pie Day**

Jan 27—**Holocaust**  
**Remembrance Day**

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

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## NATIONAL PUZZLE DAY

On January 29th, **National Puzzle Day** recognizes that spending time daily working on puzzles improves memory, cognitive function, and problem-solving skills.



We will include puzzles at the end of the next several newsletters. Please let us know if this is something you'd like permanently incorporated into the monthly newsletter. Email us at **mountmansfieldvillages@gmail.com** or call (802) 858-5381 and leave a message.

## MEMBERS' MEMORANDUM



### LAMOILLE NEIGHBORS WINTER SPEAKER SERIES

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

◆ **ONLINE** ◆

### AGING GARDENS, AGING GARDENERS

**Wednesday, January 12, 2022, 7:00pm**

Co-sponsored by the Lanpher Library and Lamoille Neighbors

***With Ann McEntee, Ph.D., MLA***

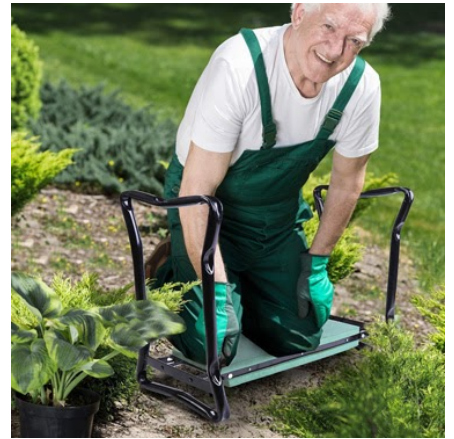


Do you look forward to spring for the beauty that your gardens produce?

Do you love your gardens but not the endless hours of maintenance that they demand? Have you ever found yourself resenting your gardens because their care prevents you from pursuing other interests?

And finally, have you come to the painful realization that you and your gardens have aged and changed over time?

"Aging Gardens, Aging Gardeners" responds to these issues. The talk is intended to help all of us come to terms with our aging, but very much beloved gardens. Ann presents strategies for gardening more wisely: taking care of ourselves as we garden, assessing our home landscapes, prioritizing gardening tasks, managing mature plants, and creating smaller, simpler gardens.



For years, our gardens have given us boundless joy. This talk offers us ways by which we can continue to enjoy these beautiful spaces with much less work.

Register for this free Zoom program [here](#).



The presenter **Ann McEntee** is a former Communications and Theatre professor. She left teaching to earn a Master of Landscape Architecture from the University of New Mexico. While living in Santa Fe, she earned her certification as a Master Gardener, and more recently, her Advanced Master Gardener certification.

Ann currently teaches architectural and landscape history for Keene State College's Cheshire Academy for Lifelong Learning program and works part-time as a landscape consultant.



◆ ONLINE ◆

## HAPPY HOUR BOOK DISCUSSION

Friday, January 14, 2022, 4:00pm–5:00pm

Sponsored by Mount Mansfield Villages

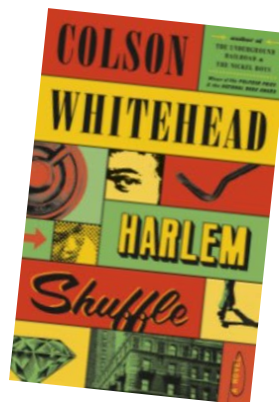
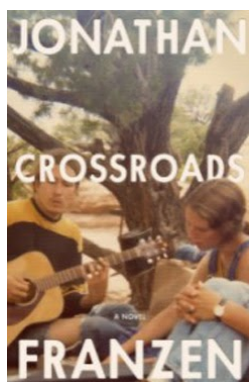


Pour out your favorite libation, pull up a chair, and meet remotely with other Mount Mansfield Villages members and volunteers to talk about books. “Best Books of 2021” lists abound. Here are links to a few:

**The New York Times: *100 Notable Books of 2021* \***

**The Christian Science Monitor: *Best Reads of 2021* \***

**Goodreads [Readers’] Choice Awards: *Best Books of 2021***



Have you read any of these books, and what did you think about them? What books did you enjoy the most during the past year—novels or nonfiction, newly published or older selections?

This book discussion will be on Google Meets—similar to Zoom and just as easy to use. Sign up [here](#), and we’ll send you the link on the day of the event.

\* A subscription to this website may be required to access the articles.

## SPOTLIGHT ON SENIOR STORAGE

Seniors often have unique needs when it comes to looking for storage that younger adults may not have to think about. Where many people look for storage units to hold surplus items that are taking up space in their homes, seniors are frequently looking to store the majority of their possessions—most especially if they are transitioning out of their larger homes and into smaller homes or senior living facilities.



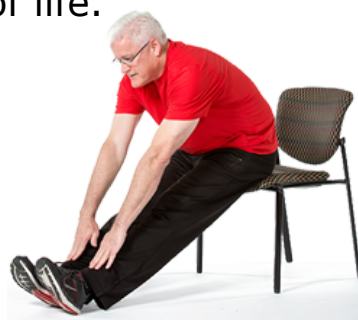
StorageUnits.com has created a guide on everything people need to know about storage facilities for aging adults. You can view this guide [here](#).

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◆ ONLINE ◆

## SENIOR ADULT FITNESS EXERCISES

Developed by our northern neighbor, the Geriatric Division of Medicine at the McGill University Health Centre (MUHC), **safe** is a series of exercise videos with one goal—to improve your quality of life.



The prevention of falls, as well as overcoming the fear of falling, plays a big role in healthy aging. The **safe** program is designed to help you build strength and balance at your own pace by offering you 4 levels of challenge. Each level contains a full set of targeted exercises (strength, balance, flexibility, and endurance) which takes about 25-30 minutes to complete, and each subsequent level is slightly more difficult than the previous. Visit the website [here](#).

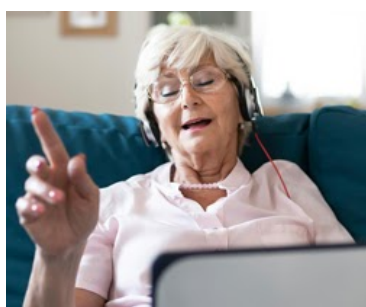
# AGING WELL

- **CHRONIC DISEASE MANAGEMENT** ♦ **ONLINE** ♦

**Tuesdays, January 4–February 15, 2022,  
5:30pm–8:00pm**

Mt. Ascutney Hospital and Rutland Regional Medical Ctr

Get guidance and support to live better with long-term (chronic) health problems, like arthritis, depression, asthma, diabetes, and cancer. Register [here](#).



- **SINGING WORKSHOPS FOR PEOPLE WITH PARKINSON'S AND OTHER VOCAL AND BREATHING CHALLENGES** ♦ **ONLINE** ♦

**Thursdays, January 13–February 10, 2022,  
10:00am–12:00pm**

Dartmouth-Hitchcock Health, Aging Resource Center

This five-week, online, interactive singing workshop series will help to strengthen and maintain the speaking voice. No singing experience is necessary. Information and registration [here](#).

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

**Saturday, January 15, 2022, 9:00am–10:30am**

Good Shepherd Lutheran Church, Route 15, Jericho—more info [here](#).

- **DIET, EXERCISE, AND OTHER STRATEGIES FOR LIVING WELL AS YOU AGE** ♦ **ONLINE** ♦

**Thursday, January 20, 2022, 12:00pm–1:00pm**

Michael J. Fox Foundation

Expert panelists discuss ways to live well as we start the new year and share practical tips for eating healthy, exercising, building a care team, and boosting brain health. Bring your questions! Register [here](#).



# CHANNEL YOUR CREATIVITY

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- **SHERLOCK HOLMES: THE GAME'S AFOOT** ♦ **ONLINE** ♦

**Wednesday, January 5, 2022, 7:00pm**

VT Humanities *First Wednesday* series and the Norwich Public Library

Scholar Barry Deitz looks at the life and times of Sir Arthur Conan Doyle, discusses the inspiration for Holmes, and examines what other writers, actors, and directors have done with the character. Registration [here](#). Info on other *First Wednesday* online talks [here](#).



- **VERMONT ARTIST TALK: MICHAEL ABRAMS** ♦ **ONLINE** ♦

**Thursday, January 6, 2022, 7:00pm**

Brattleboro Museum

Rooted in Luminism, Abrams's idealized landscapes evoke fresh responses to experiences with Nature while giving the perception of something otherworldly. Register [here](#). Installation photos of "Michael Abrams: Arcadia Rediscovered" at [this link](#).

- **BACON AND CARAMELIZED ONION MAC & CHEESE** ♦ **ONLINE** ♦

**Monday, January 17, 2022, 5:30pm–7:00pm**

City Market

Learn a new way to dress up macaroni & cheese. Join Chef Gelrud to create a four-cheese mac & cheese with bacon and caramelized onions. Register [here](#).



- **"P.M. SUNDAYS" ROBINSON & ROHE** ♦ **ONLINE** ♦

**Sunday, January 30, 2022, 4:00pm–6:00pm**

Valley Stage Productions



Join the concert with this extraordinary, powerhouse folk duo—Brooklyn songwriters Liam Robinson (banjo, accordion, vocals) & Jean Rohe (guitar, vocals)—via streaming or in-person. Senior tickets are \$15 [here](#).

## ENHANCE YOUR KNOWLEDGE

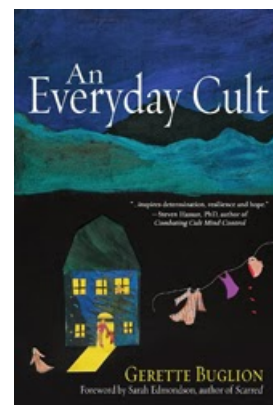
- **BOOK DISCUSSION: *REFLECTIONS ON AN EVERYDAY CULT***

♦ **ONLINE** ♦

**Friday, January 7, 2022, 7:00pm–8:00pm**

Lamoille Neighbors

Local author Gerette Buglion, cult education and recovery consultant since 2016, discusses her memoir and her 18-year period in a charismatic cult. More information is at [this link](#). Sign-up [here](#).



- **BARBARA JORDAN, I DARED TO BE ME** ♦ **ONLINE** ♦

**Wednesday, January 26, 2022, 7:00pm**

Presented by [Shades of Truth Theatre](#) of Harlem, New York City

BARBARA JORDAN  
*I Dared To Be Me!*



This play by Michael Green provides a glimpse into the extraordinary life of the first woman to represent Texas in Congress, who was also Black and Lesbian.

This event in the *Racism in America Forum* series is hosted by the Good Shepherd Lutheran Church, Jericho. Info on the series and registration [here](#).

- **OLLI AT UVM ONLINE DISTINGUISHED SPEAKER SERIES**

**Wednesdays in February 2022, 1:00pm–2:00pm** ♦ **ONLINE** ♦

Join OLLI for 4 online presentations in February and receive the \$20 Series 50%-off Special when you **sign up for all 4 lectures by 01/28/22**. More information and registration for the series discount are [here](#).



**2/02**—Refugees and Immigrants in Vermont

**2/09**—The Taliban Then and Now: History and Current Conditions

**2/16**—How Vermont is Addressing Its Affordable Housing Needs

**2/23**—Timeline: Elements

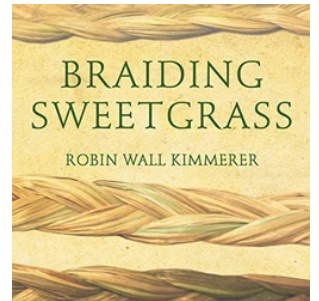


# INSPIRED BY NATURE

- **BOOK DISCUSSION: *BRAIDING SWEETGRASS: INDIGENOUS WISDOM, SCIENTIFIC KNOWLEDGE, AND THE TEACHING OF PLANTS* ♦ ONLINE ♦**

**Tuesday, January 11, 2022, 6:30pm**

Rokeby Museum and the Charlotte Library



As a botanist, author Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. Register [here](#).

- **NATURALIST JOURNEYS SERIES ♦ ONLINE ♦**

North Branch Nature Center



- **Willow: A Beaver's Tale** with Patti Smith  
**Wednesday, January 12, 2022, 6:00pm–7:00pm**  
More information and the Zoom link are [here](#).



- **The Real Dirt on Truffles** with Rowan Jacobsen  
**Wednesday, January 19, 2022, 6:00pm–7:00pm**  
More information and the Zoom link are [here](#).

- **VIRTUAL WEBB SPACE TELESCOPE EVENT**  
**Thursday, January 13, 2022, 5:00pm–6:00pm**  
Varnum Memorial Library ♦ ONLINE ♦

An expert will lead the discussion on the Webb, the largest and most complex space science telescope ever built which launched last month. The international Webb mission will fundamentally change our understanding of the universe for this generation and many to come. The Zoom link will be found on [this webpage](#).



## COOK'S CORNER

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### CHICKEN IMMUNITY SOUP

*From Cooking Light*



#### INGREDIENTS:

- 2 tablespoons olive oil
- 1 1/2 cups chopped onion
- 3 celery stalks, thinly sliced
- 2 large carrots, thinly sliced
- 12 ounces pre-sliced mushrooms
- 10 medium garlic cloves, minced
- 8 cups low-sodium chicken stock
- 4 thyme sprigs
- 2 bay leaves
- 1 (15 ounces) can unsalted chickpeas, drained
- 2 pounds skinless chicken breasts
- 1 teaspoon kosher salt
- 1/2 teaspoon crushed red pepper
- 12 ounces curly kale, stems removed, leaves torn

## PREPARATION:

### STEP 1

Heat oil in a large Dutch oven over medium. Add onion, celery, and carrots; cook, stirring occasionally, 5 minutes.

### STEP 2

Add mushrooms and garlic; cook, stirring often, 3 minutes.

### STEP 3

Stir in stock, thyme, bay leaves, and chickpeas; bring to a simmer.

### STEP 4

Add chicken, salt, and red pepper; cover and simmer until the chicken is done—about 25 minutes.

### STEP 5

Remove chicken from Dutch oven; cool slightly. Shred meat with 2 forks; discard bones, if any.

### STEP 6

Stir chicken and kale into soup; cover and simmer until kale is just tender—about 5 minutes. Discard thyme sprigs and bay leaves.



*"I love the taste of this soup in the winter. I often double or triple the recipe and freeze quarts of it.*

*To make speedier work of preparing large quantities, I use a mini-food processor to mince a lot of garlic at one time and use a mandoline to slice the carrots and celery. Pre-chopped frozen kale, preserved from our garden, is added last.*

*This low-sodium version suits our household well, but, of course, you can always add more salt when cooking."*

~ P. Miller

## MEET A FRIENDLY NEIGHBOR

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~ **SUSAN HOWARD HOOPER** ~



***I'm proud to be a Vermonter & to have lived  
in the beautiful town of Underhill for most of my life!***

My childhood home was in Underhill Flats, and then in 1977 my husband Greg and I bought land and built a house on Poker Hill Road. We have been there ever since! In August, Greg and I celebrated fifty years of marriage. We met at Johnson State College where I received my degree in elementary education.

I spent almost all of my forty-two-year career teaching second grade at Porters Point School in Colchester. That part of Colchester became my second home. I loved being a teacher and the connections I made with kids and their families.





Greg and I have two grown children, Erin and Nathan, and six grandchildren ages six through twelve. We love being grandparents—and totally enjoy the time we spend with them. We also have two dogs, Ruby and Finley. They bring us lots of joy!



I retired from teaching in 2016. It's hard to believe that was 5 1/2 years ago! I spend most of my time reading and connecting with friends and family. All year long I enjoy walking outdoors. In the winter I do some snowshoeing, and in the summer I have fun kayaking and paddleboarding. My husband and I are fortunate to be able to spend a good part of our summer at our family camp in South Hero.

Once I retired I knew I wanted to do some type of volunteering, and I also wanted something that would be flexible. When I first heard about Mount Mansfield Villages, I knew this would be a good fit for me!

MMV provides me the opportunity to meet new people in my community and a way to help others. It has been a great experience so far, and I am looking forward to more opportunities in 2022!



## REMEMBER WHEN...



## A JOYOUS VINTAGE NEW YEAR

In the mid-1960s, my older brother and his friends were paid to clean out an elderly woman's attic before she moved to a nursing home. I remember their bringing a pile of old furniture, mostly broken, to unload into our garage, along with some books and a small box of picture postcards. The boys graciously allowed Kim's little sister to take possession of the postcards, and I have carted them around with me for the last 50+ years. I have always had a goal to one day reunite them with the families of the senders or the recipients.

Half the postcards have never been written upon; the postmarks on the other half range from the 1920s through the 1940s. Most are from Germany and are written in German, but some are also from France, the Netherlands, and Belgium. I surmise they were salvaged during WWII, perhaps by an American soldier—but that is only a guess.

Although the vast majority are printed with black & white photographs, several charmed me as a child because of their pretty graphic design. If I have translated them correctly with Google's assistance, the following cards—and I—wish you a very **Happy (and lucky) New Year!**

~ P. Miller





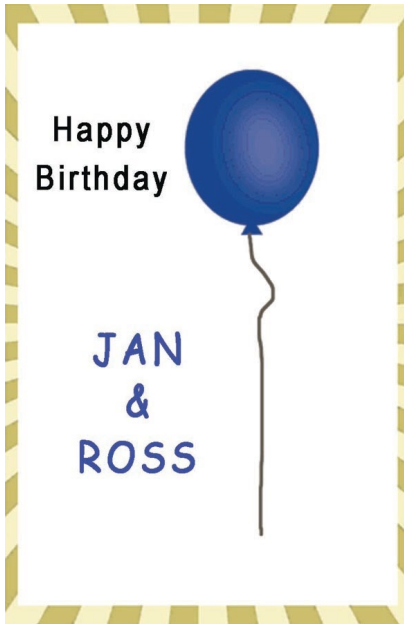








## SPECIAL SALUTE



### BIRTHDAY IN HISTORY

Shari Lewis, born Phyllis Hurwitz in New York City on January 17, 1933, was taught ventriloquism at a young age, and by the early 1950s, she was named a winner on the TV show Arthur Godfrey's Talent Scouts for her puppetry. After developing the sock puppet character "Lamb Chop," Lewis became famous. Lamb Chop, a curious sheep, debuted in the late 1950s—along with several other puppet characters that Lewis had created, including the slow-speaking "Charlie Horse" and "Hush Puppy."



*(Shari Lewis) "Our next song is going to be --"*

*(Shari Lewis as Lamb Chop) "Yankee Doodle went to town on a horse named Maxi, but Lamb Chop always got there first because she took a taxi."*



### 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).

# PLAYFUL PUZZLES

[From *1950's Adult Activity Book* by Sharper Mind Press]

## BROADWAY MUSICALS

C	A	L	A	M	I	T	Y	J	A	N	E	O	C	C
Y	M	I	P	L	X	V	H	A	F	D	K	K	A	A
P	D	L	G	A	C	U	W	M	A	F	I	L	N	R
X	N	A	X	I	J	O	O	A	N	D	N	A	C	M
X	I	B	L	N	G	A	T	I	N	A	G	H	A	E
B	G	N	G	R	A	K	M	C	Y	M	A	O	N	N
R	T	E	M	S	I	K	H	A	U	N	N	M	P	J
H	M	R	J	P	V	A	J	W	G	Y	D	A	E	O
Y	S	P	Y	G	F	R	F	F	Z	A	I	B	T	N
N	A	M	C	I	S	U	M	Y	K	N	M	W	E	E
N	O	G	A	W	D	N	A	B	M	K	M	E	R	S
F	U	N	N	Y	F	A	C	E	Q	E	T	J	P	V
S	L	L	O	D	N	S	Y	U	G	E	N	Z	A	O
K	I	S	S	M	E	K	A	T	E	S	H	T	N	Z
H	I	G	H	S	O	C	I	E	T	Y	P	E	U	A

BAND WAGON  
CALAMITY JANE  
CAN CAN  
CARMEN JONES  
DAMN YANKEES  
FANNY  
FUNNY FACE  
GIGI  
GUYS N DOLLS

GYPSY  
HIGH SOCIETY  
JAMAICA  
KING AND I  
KISMET  
KISS ME KATE  
LIL ABNER  
MUSIC MAN  
MY FAIR LADY

OKLAHOMA  
PAJAMA GAME  
PETER PAN



## TOP TV SHOWS

VLOE YULC	—	—	—	—	—	—	—	—	—
ETRORVBAI	—	—	—	—	—	—	—	—	—
ARWHIDE	—	—	—	—	—	—	—		
REGNATD	—	—	—	—	—	—	—		
OANANZB	—	—	—	—	—	—	—		
MSUKGONE	—	—	—	—	—	—	—	—	
FALMRNEI	—	—	—	—	—	—	—	—	
ONDNA DEER	—	—	—	—	—	—	—	—	—
ENAKD ITYC	—	—	—	—	—	—	—	—	—
KAJC NNBYE	—	—	—	—	—	—	—	—	—
IKCD CRTYA	—	—	—	—	—	—	—	—	—
RM YCLUK	—	—	—	—	—	—	—	—	

[From *Home Sweet Home Coloring Book* by Dover Publications, Inc.]

