

NEWS YOU CAN USE



Mount Mansfield Villages

OCTOBER 2022

The foliage is spectacular this fall!
The days are shorter, the air is crisper, and we're moving from harvest mode to preparation mode.

The **Hunter's Moon** will reach peak illumination at 4:54pm on Sunday, October 9.

Oct 8—**World Migratory Bird Day**

Oct 10—**Indigenous People's Day**

Oct 12—**World Mental Health Day**

Oct 13—**National M&M Day**

Oct 28—**World Series Begins**

Oct 31—**Halloween!**

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



A VERMONT TRADITION

~ APPLE CIDER ~

Vermont orchards grow over 150 varieties of apples, not counting the many scores of "wild" apple varieties peppered throughout our fields and along our roadsides. To pick, **press**, ferment, and drink cider is to partake in a New England tradition that dates back to the 1620s. Even the most sour apple variety can be transformed when **pressed into juice and blended** by an expert cider maker to add richness and depth to the cider.



MEMBERS' MEMORANDUM



~ APPLE CIDER MAKING & DONUTS ~

Wednesday, October 12, 2022, 2:00pm–4:00pm



61 McClellan Farm Road, Underhill

Sponsored by Mount Mansfield Villages

MMV members, volunteers, sponsors, and family members are invited to Nori Geary's residence for a fun afternoon of pressing apple cider and enjoying delicious apple cider donuts in good company.

Please log in to [MMV](#) and register at [this link](#), or call Mount Mansfield Villages at 802-858-5321 to reserve a spot and request a ride.

"Up until Prohibition, an apple grown in America was far less likely to be eaten than to wind up in a barrel of cider. 'Hard' cider is a twentieth-century term, redundant before then since virtually all cider was hard until modern refrigeration allowed people to keep sweet cider sweet." ~ Michael Pollan

~ BYGONE DAYS ~



With the sad passing of Dick Squires last November, Ann, his creative partner and wife of 57 years, does not plan to sponsor the annual Cilley Hill Road **Pumpkin Glow** in 2022.

The Squires have been carving and lighting hundreds of pumpkins for decades and inspiring neighbors and friends to do the same. It has represented the best of community building with no booths, advertisements, or sales of any kind—simply a group of neighbors growing, carving, and lighting pumpkins to share the Halloween Spirit. Thank you, Ann, for having brought such wonder and joy to our community.

~ COVID BIVALENT VACCINE BOOSTER ~

Vermont State Department of Health

A new Covid-19 vaccine booster targeted at Omicron strains (the bivalent vaccine), along with flu shots is now available in Vermont, according to the state **Department of Health website**. Both the flu and COVID-19 vaccines can be given at the same visit.

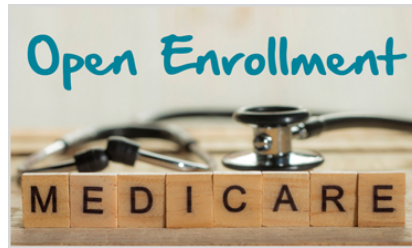


- **FLU SHOT:** For adults 65 and older, the Health Department recommends you contact your physician or pharmacy relative to getting a flu shot.
- **COVID BIVALENT VACCINE BOOSTER:** For any adult, the COVID bivalent vaccine is free and available at walk-in clinics, your healthcare provider's office, and pharmacies.

The Health Department notes that getting vaccinated against COVID-19 is the safer way to build protection from serious illness—even for those who have already had COVID-19.

~ MEDICARE: FALL OPEN ENROLLMENT ~

Excerpts from Medicare Interactive ([medicareinteractive.org](https://www.medicareinteractive.org))



Fall Open Enrollment is the time of year when you can change your Medicare coverage. You can:

- Join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan.
- Switch between Original Medicare (with or without a Part D plan) and Medicare Advantage.

Listed below are six things to keep in mind while you are choosing your Medicare coverage. To read more about each, see [this webpage](#).

1. Fall Open Enrollment occurs each year from **October 15 through December 7**.
2. Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Fall Open Enrollment.
3. Help is out there.
4. The best way to enroll in a new plan is to call 1-800-MEDICARE.
5. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP) from January 1 through March 31.
6. Understand the difference between Fall Open Enrollment and Open Enrollment for the state or federal Marketplaces.



~ COMMUNITY RESOURCE FINDER ~

Sponsored by AARP and the Alzheimer's Association



The **Community Resource Finder** is a database of dementia and aging-related resources. The online tool makes it easy for people living with Alzheimer's and other dementias, family caregivers, and those involved in making care-related decisions to find local programs and services.

The Community Resource Finder displays resources including:

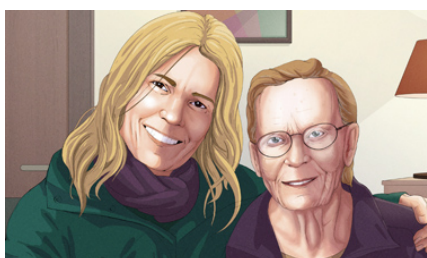
- Alzheimer's Association programs and events
- AARP programs and events
- Housing options
- Care at home
- Medical services
- Community services



~ MCGILL CARES WEBCASTS ~

McGill University Dementia Education Program

In May 2020, to help support informal care partners during the COVID-19 crisis, McGill's Steinberg Centre for Simulation and Interactive Learning launched a webcast series, *McGill Cares*. During the candid, 30-minute interviews with leading experts, the facilitator explores topics related to caring for a loved one with dementia.



Upcoming webcasts can be viewed **here** and over 70 archived webcasts and podcasts can be accessed **here**.

~ VERMONT OLDER ADULT RESEARCH REGISTRY ~

University of Vermont-Center on Aging



A research registry is a list of individuals who want to participate in research studies. The goal of the confidential Vermont Older Adult Research Registry is to create a means to quickly recruit adults 50+ for research projects through the University of Vermont and its partner organizations. The registry makes it easy for

mid-life and older adults to connect with and support research on topics relevant to people aged 50 and older.

Consider joining the registry and contributing to research and projects that aim to improve the quality of life and care for older adults in Vermont and beyond. Visit [this website](#) or call (802) 656-9265 to learn more.

~ SCAMS AGAINST OLDER ADULTS ~

Federal Trade Commission



As part of the Stop Senior Scams Act, on September 29, 2022, the FTC brought together an Advisory Group of federal agency partners, consumer advocates, and industry representatives to focus on ways to better identify and stop scams that affect older adults.

The [Scams Against Older Adults Advisory Group](#) will focus on four main areas: 1) expanding consumer education efforts; 2) improving industry training on scam prevention; 3) identifying innovative or high-tech methods to detect and stop scams; and 4) developing research on consumer or employee engagement to reduce fraud.

REPORTING RESULTS

~ ETHAN ALLEN HOMESTEAD TOUR ~



A small group of MMV members and volunteers enjoyed viewing the film *Ethan Allen: His Life and Times*, along with a personal tour of the **Ethan Allen Homestead Museum** in September.



~ VOLUNTEER APPRECIATION CELEBRATION ~

MMV Volunteers had the opportunity to gather together last month at the Timbers' barn for an enjoyable afternoon sponsored by the MMV organization. Volunteers, some of whom met one another for the first time, were treated to a delicious Happy Hour and enjoyed generous door prizes! They viewed a presentation on Mount Mansfield Villages' progress and brainstormed about improving services for members.





MMV Board & volunteers discuss ways to improve services for members



Happy Hour!

~ HARVEST MARKET SUCCESS ~

Thanks to the Underhill Historical Society's very generous sharing of their Harvest Market tent with Mount Mansfield Villages, a number of weekend attendees stopped by the MMV table to inquire about receiving services or donating their time as volunteers.



AGING WELL—EVENTS

- **PASSWORD MANAGEMENT FOR OLDER ADULTS** ♦ **ONLINE** ♦

Friday, October 7, 2022, 12:00pm–1:30pm

AARP Vermont and T4T

In this hands-on beginner class, you'll learn about the principles and best practices to be followed to secure your online passwords. Find registration info [here](#).



- **FAMILY DYNAMICS: WHEN IS IT ABSOLUTELY NECESSARY FOR A CAREGIVER TO PLACE THEIR LOVED ONE?** ♦ **ONLINE** ♦

Wednesday, October 26, 2022, 11:00am–12:00pm

Caregiver Teleconnection



Join this Zoom presentation which will explore what seniors should consider before deciding to live with relatives—and what relatives should know. Register [here](#). This is part of the October series [Aging in the 21st Century: What Caregivers Need to Know](#).

- **"WHAT DID YOU SAY?" A CONVERSATION ABOUT HEARING LOSS**

Thursday, October 27, 2022, 6:30pm–7:15pm ♦ **ONLINE** ♦

AARP

October is **National Protect Your Hearing Month**. Join this presentation led by a physician and an audiologist about hearing loss as we age, steps we can take to address it, and new over-the-counter hearing aids. Register [here](#).



- **HEALTHY BONES FOR LIFE** ♦ **ONLINE** ♦

Wednesday, November 2, 2022, 2:00pm–3:30pm

Dartmouth-Hitchcock Health, Aging Resource Center

Dr. Ugis Gruntmanis will cover why 1 in 2 women suffer fractures from osteoporosis. He will also explore the role of Calcium and Vitamin D, as well as an active lifestyle and screening for osteoporosis. Register [here](#).



AGING WELL—RESOURCES

• FALLS PREVENTION & RECOVERY ♦ ONLINE ♦

Falls are often due to hazards that are easy to overlook but also easy to fix. [This checklist](#) will help you find and fix those hazards in your home. Learn the steps in [this guide](#) to get up safely from a fall.



The [National Institute on Aging](#) was established in 1974 to improve the health and well-being of older adults through research and education. Their webpage [Falls and Fractures in Older Adults](#) is quite helpful.

• ElliQ - EMPATHETIC CARE COMPANION ♦ ONLINE ♦

The ElliQ website notes that [ElliQ](#) is an empathetic care companion that empowers happy, healthy independent aging at home—companionship, health and wellness support, entertainment, and more.



• ON RECEIVING A DEMENTIA DIAGNOSIS ♦ ONLINE ♦

See [this guide](#) for 10 things every family should do upon receiving a diagnosis of dementia.

• GRAB 'N GO LUNCH—PROVIDED FOR AGES 60 & OVER

Once registered for the meal(s) with Age Well, request assistance from MMV for your meal delivery.



JERICO - Jericho Community Center, Jericho Center

Wed, Oct 12, 2022, 11:00am–12:00pm (Register by Friday 10/7)

Menu: [here](#)

Register: Jen at ccjvermont@gmail.com or (802) 274-4024

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, Oct 26, 2022, 11:00am–12:00pm (Register by Friday 10/21)

Menu: [here](#)

Register: Teri at office@stthomasvt.com or (802) 899-4632

HODGEPODGE OF HAPPENINGS

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

Tuesdays in October 2022, 11:00am–12:00pm ♦ **ONLINE** ♦

Join OLLI for 4 online presentations in October. \$10 lecture. More information and registration are [here](#).



10/04—The Psychology of Indigenous Foods and Eating

10/11—Muslim American Women, Indian Asian Girls & Representation

10/18—Putin, Orthodoxy, and Ukraine

10/25—The Outer Limits: Exploring the Extremes of Astronomy



- **COVID EPIDEMIOLOGIST TALK**

Friday, October 7, 2022, 11:00am–12:00pm

Varnum Memorial Library, Jeffersonville

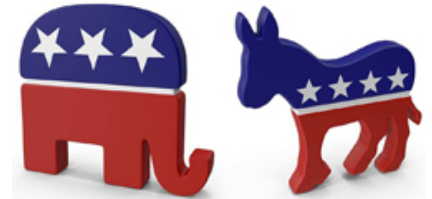
Join the Morrisville Department of Health for this informational and timely presentation specifically for our senior population. More info is [here](#).

- **EEE: FORECASTING THE 2022 MIDTERMS** ♦ **HYBRID** ♦

Friday, October 7, 2022, 2:00pm–3:00pm

Faith United Methodist Church, South Burlington

The Education & Enrichment for Everyone series continues with this address by Matthew Dickinson, Middlebury political science professor, called "Forecasting the 2022 Midterms: The End of the Democrats' Majority?" \$8 for the lecture. Contact info is at [this link](#).



- **HOMEcoming CONCERT**

Saturday, October 8, 2022, 3:00pm–4:00pm

UVM Recital Hall - Redstone Campus, Burlington

The University of Vermont Symphony Orchestra, Concert Band, and Concert Choir celebrate the start of a new term. More information on this and other free concerts is [here](#).



- **THE BIG SIT**

Sunday, October 9, 2022, 6:00am–6:00pm

Birds of Vermont Museum, Huntington

How many birds can we identify from a 17-foot diameter circle from sunrise to sunset? This is a terrific long-running community science project. Pledges and donations are welcome. The Museum is open 10am–4pm. Call or email to join the observation team. Info is [here](#).

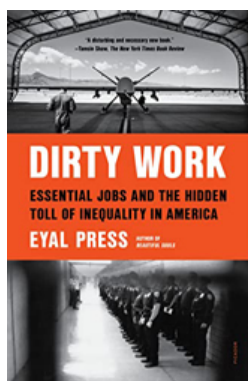


- **BOOK DISCUSSION: *DIRTY WORK* ♦ HYBRID ♦**

Wednesday, October 12, 2022, 7:00pm

Vermont Humanities and Manchester Community Library

In his award-winning *Dirty Work: Essential Jobs and the Hidden Toll of Inequality in America*, journalist Eyal Press examines the morally troubling jobs that society tacitly condones and the hidden class of workers who do them. Register [here](#).



- **THE CAPTIVE CHILDREN OF DEERFIELD: THREE NATIONS AT WAR**

Sunday, October 16, 2022, 2:00pm

St. Albans Historical Society and Vermont Humanities

Presenter Donna Toneatti of the Abenaki Nation of Missisquoi explores the Deerfield Massacre, which took place during the 1704 “Queen Anne’s War.” More information is [here](#).



- **"P.M. SUNDAYS" É.T.É.**

Sunday, October 16, 2022, 4:00pm–6:00pm

Valley Stage Productions - Richmond Congregational Church



The name É.T.É, which is the group’s first initials, is also the French word for summer. Together they create daring and refined arrangements of pieces from the traditional Québec and Acadian repertoires. Promotional videos and \$15 Senior tickets are [here](#).

- **OPENING RECEPTION:**
"CALL AND RESPONSE"

Thursday, October 20, 2022, 5:30pm

Fleming Museum, Burlington

Visit with artists from the Howard Center Arts Collective as they celebrate the opening of **Call and Response**. Artists will talk informally about their artistic practice and Fleming collection pieces which were their sources of some of their inspiration. Hors d'oeuvres. More information is [here](#).



- **IS THE INTERNET KILLING TRUTH? ♦ ONLINE ♦**

Wednesday, November 2, 2022, 3:00pm–4:00pm

AARP

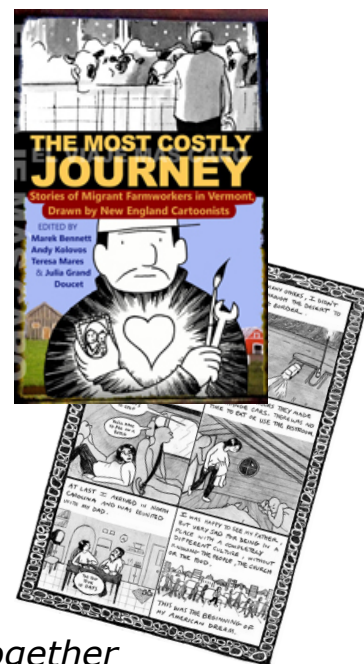
Hear the founder of the **News Literacy Project**, Alan C. Miller, discuss his pursuit to build a national movement advancing news literacy. Register [here](#).

- **BOOK DISCUSSION: THE MOST COSTLY JOURNEY**

Thursday, November 10, 2022, 7:00pm

Deborah Rawson Memorial Library

Join the discussion of this year's **Vermont Reads** selection **The Most Costly Journey**, an anthology of comics that depict the oral histories of migrant workers who traveled from southern Mexico and Central America to work on Vermont farms. If you would like to participate in the discussion, drop by the library to sign up and borrow a copy of the book.



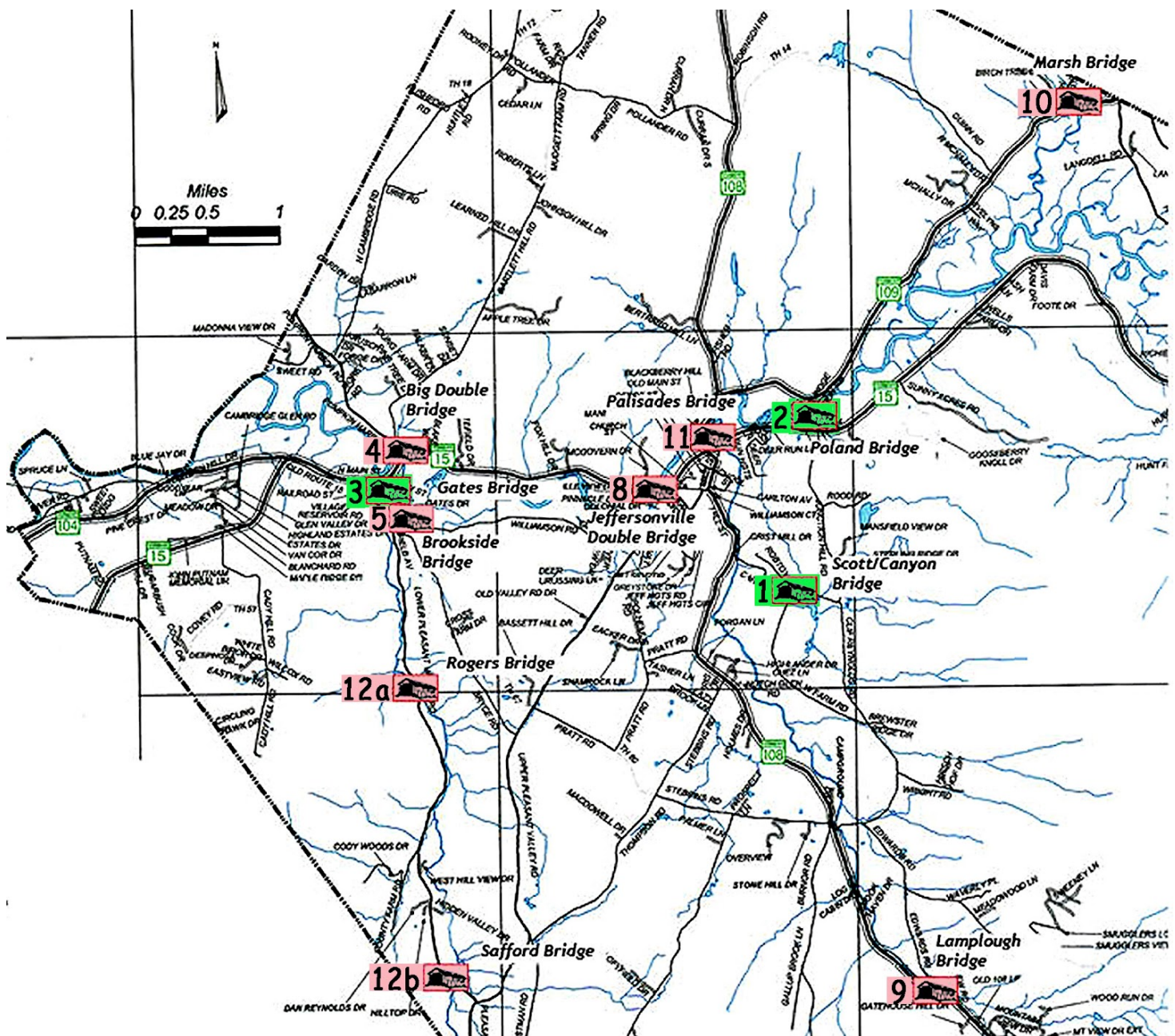
"The Most Costly Journey is a gripping work that draws together non-fiction cartooning, graphic medicine, and ethnography, channeling the skills of health care practitioners, artists, and ethnographers into helping alleviate the pain of others." ~ Vermont Folklife Center

REMEMBER WHEN CAMBRIDGE

~ CAMBRIDGE COVERED BRIDGES ~

Contributed by Georgeana Little, local historian

At one time, Cambridge boasted 12 covered bridges—13 if you count the railroad covered bridge. Over the years, most were replaced with steel and concrete—more practical, but not as attractive to look at.



Three bridges are still in use:

1. Gristmill or **Canyon Bridge** which crosses the Brewster River off Route 108 south just south of Jeffersonville village.
2. Poland Bridge or **Cambridge Junction Bridge** crosses the Lamoille near the current Lamoille Valley Rail Trail trailhead.
3. **Gates Bridge** crosses the Seymour River in Cambridge Village and now leads only to a Gates Farm field.



1. Gristmill or Canyon Bridge

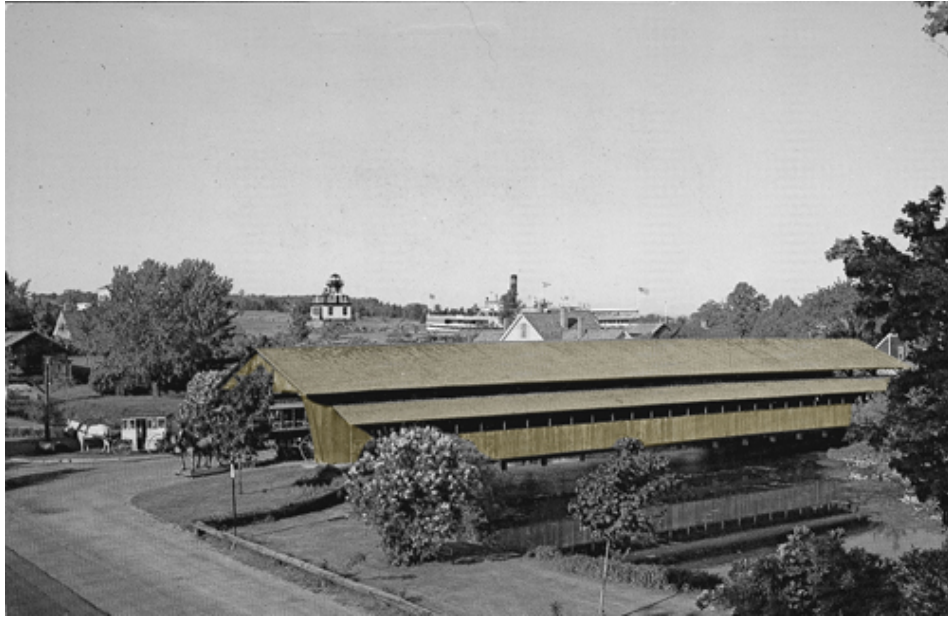


2. Poland or Cambridge Junction Bridge



3. Gates Bridge before being rebuilt

4. ***Another Cambridge Covered Bridge is still in use***, but this one doesn't cross any river. The **Cambridge Village Double Covered Bridge** was moved to the Shelburne Museum in the 1950s and is still there to greet visitors.



4. Cambridge Village Double Covered Bridge

Bridges no longer extant include:

5. Brookside Bridge spanned the Seymour outside of Cambridge Village.
6. Cambridge Junction Railroad Bridge over the Lamoille.



5. Brookside Bridge



6. Cambridge Junction RR Bridge



7. Cornell Bridge

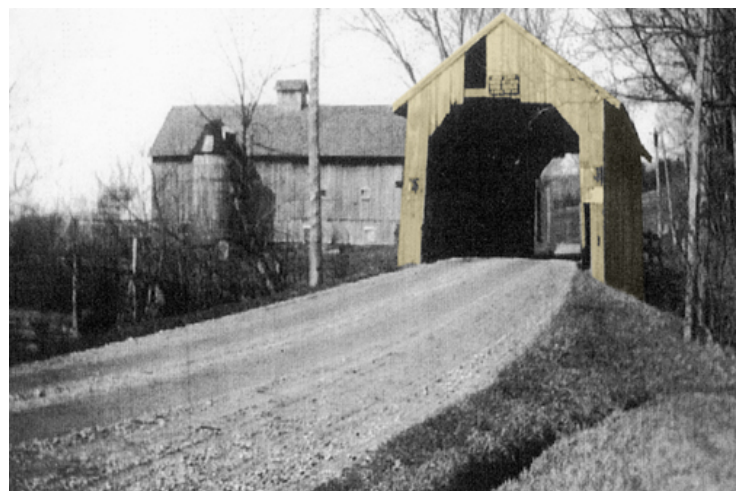


8. Jeffersonville Double Bridge

7. Cornell Bridge crossed the Brewster River between Jeffersonville and Cambridge Junction.
8. Jeffersonville Double Bridge crossed the Lamoille River outside of Jeffersonville and was a victim of the 1927 flood.
9. Lamplough Bridge over the Brewster River in South Cambridge.
10. Marsh Bridge over the north branch of the Lamoille River near Waterville.



9. Lamplough Bridge



10. Marsh Bridge



11. Palisade Bridge

11. Palisade Bridge over the Brewster River on 108 North.

12. Rogers Bridge and Safford Bridge over the Seymour River on Lower Pleasant Valley Road.



12a. Rogers Bridge



12b. Safford Bridge

Vermont is home to more than 100 covered bridges, boasting more covered bridges per square mile than any other U.S. state. The bridges date from 1820, with most constructed during the mid and late 19th Century. The **Vermont Covered Bridge Society** was started in 2000 to address the loss of these bridges and to preserve those bridges that remain.

COOK'S CORNER

~ PUMPKIN PIE SMOOTHIE ~

Contributed by MMV volunteer Margaret Rushlow

INGREDIENTS:

- 1 medium frozen banana
- 1/2 c of almond milk or milk of your choice
- 1/3 c of non-fat, plain Greek Yogurt
- 1/3 c of canned pumpkin (plain)
- 1/8 tsp. Pumpkin Pie spice
- 1 Tbs. maple syrup



DIRECTIONS:

Combine all ingredients in a blender. Pulse until smooth.

Margaret R. writes:

"You can substitute fresh pumpkin and a banana that is not frozen. Add a scoop of vanilla protein powder before blending for a filling breakfast. For a festive presentation, top with whipped cream and garnish with freshly grated nutmeg!"



SPICY NOTES:

- If you prefer a homemade pumpkin pie spice mixture, here's [a link](#) for how to make it yourself—a blend of nutmeg, cinnamon, allspice, cloves, and ginger.

MEET A FRIENDLY NEIGHBOR

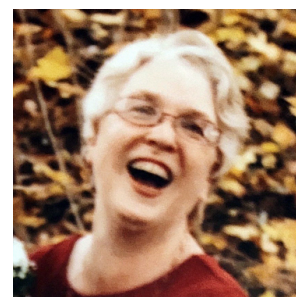
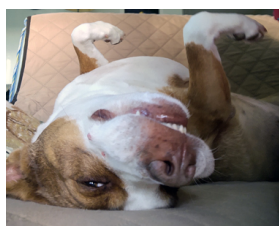
~ *Jen Bartlau & Rebekah Tolle* ~

Mount Mansfield Villages Office Staff

For the first time, Mount Mansfield Villages has paid "office" staff—Jen Bartlau and Rebekah Tolle.

Each has accepted a 3-hour-per-week administrative support position for MMV and has spent many hours training. They will respond to phone calls and emails, keep track of driver information, and enter data from new members and volunteers. Welcome, Jen and Rebekah!

Jen Bean Bartlau is a lifelong Vermonter with a passion for family history and travel. Jen has worked in varied positions over the past 35 years from teaching to museum tour guide to switchboard operator and is an Army veteran.



Jen currently lives in Cambridge with her husband and has 2 adult children—no grands yet!

Rebekah Tolle transplanted to Vermont in 1986, following a Peace Corps stint in Cameroon. Rebekah recently retired from a 38-year teaching career, most of which was spent at Camels Hump Middle School in Richmond.

An avid runner, rail trail rider, reader, and traveler, she currently lives in Underhill with her husband Dan, an MMV volunteer.





Mount Mansfield Villages volunteers assist members with varied tasks.

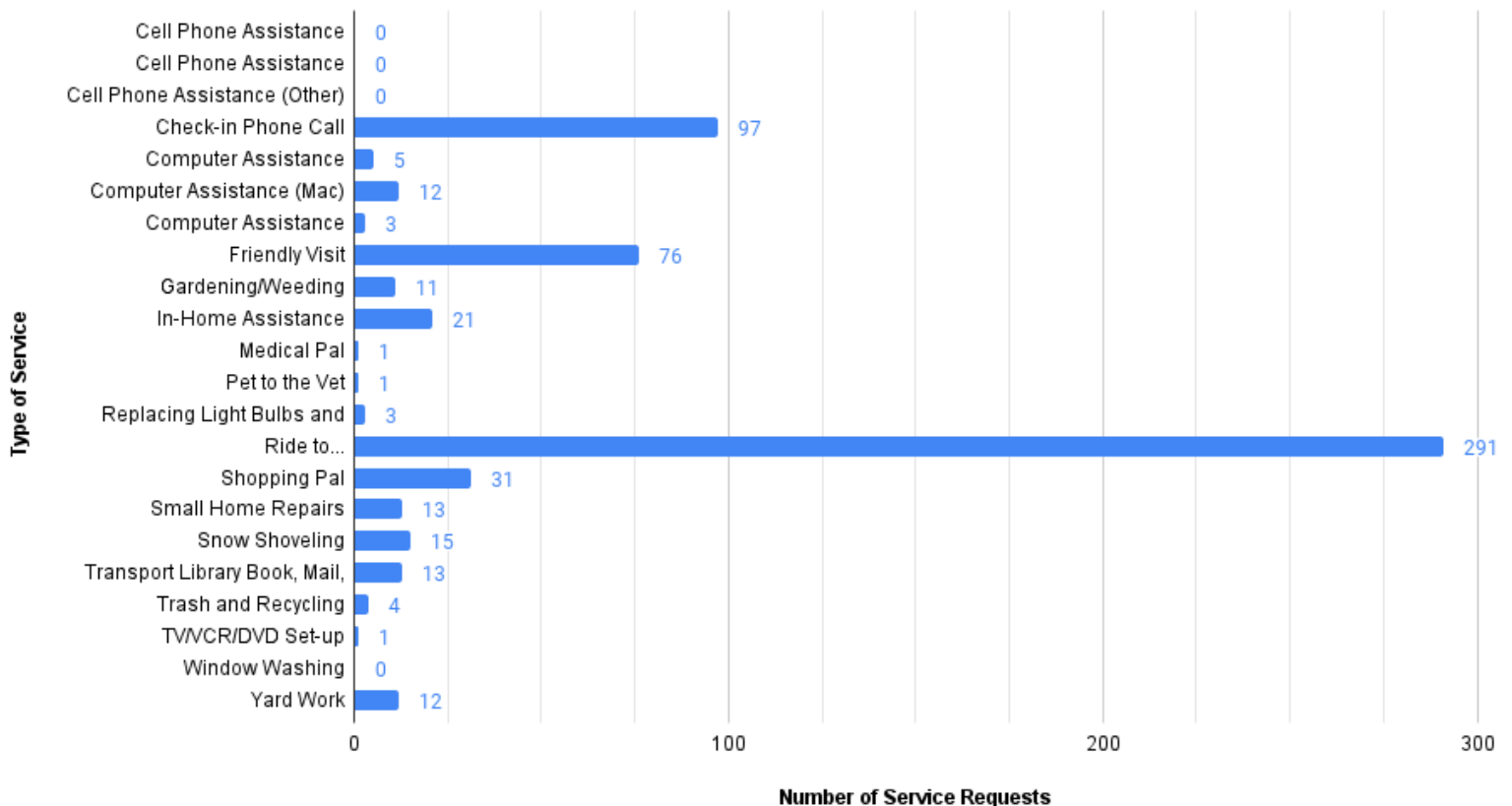
- run errands
- provide rides to appointments, shopping, and social events
- change hard-to-reach light bulbs or smoke detector batteries
- weed the garden
- shovel the walk
- set up computers, phones, TVs
- daily check-in calls
- weekly visits

For questions or requests for service, members can contact us at:

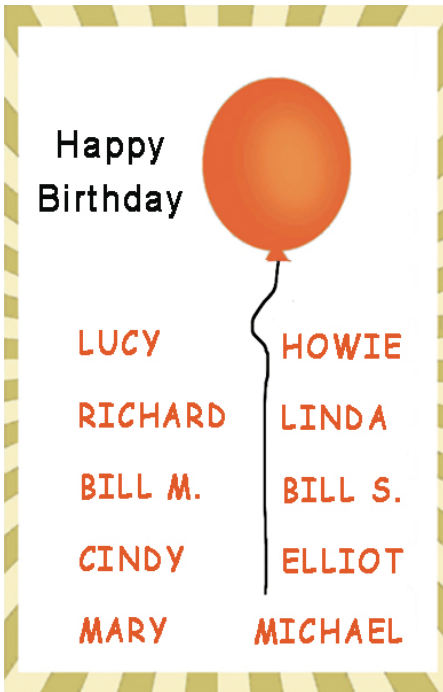
mountmansfieldvillages@gmail.com or (802) 858-5381

The graph of member Service Requests (below) shows the types and frequency of requests from January 2019 through September 20, 2022:

Completed Service Requests by Type (To Date as of 9/20/2022)



SPECIAL SALUTE



BIRTHDAY IN HISTORY

"The Great Stone Face"

Joseph "Buster" Keaton, born October 4, 1895, was a director, comedian, acrobat, and actor renowned for his death-defying stunt work and permanently deadpan facial expressions. A child of performers, Buster seemed destined for show business and began performing in his parents' vaudeville act at age 4. Keaton went on



to become one of the greatest creators of American silent film comedy—a spectacular storyteller and special-effects innovator. The NY Times reviews two new biographies of Keaton here.

"Charlie Chaplin and I would have a friendly contest: who could do the feature film with the least subtitles?"
~ Buster Keaton



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



Mount Mansfield Villages

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

Email us at 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.

PURE PUZZLEMENT

From "399 games, puzzles & trivia challenges specially designed to keep your brain young" by Nancy Linde. Answers are on the following page—**P. 25**.

Finish the Quote

long-term memory
executive functioning

Can you finish these well-known quotations?

1. John F. Kennedy: "Ask not what your country can do for you, . . ." (8 words)

2. Ronald Reagan: "Mr. Gorbachev, open this gate! Mr. Gorbachev, . . ." (4 words)

3. George H. W. Bush: "And [Congress will] push, and I'll say no, and they'll push again, and I'll say to them, 'Read my lips, . . .'" (3 words)

4. Franklin D. Roosevelt: "First of all, let me assert my firm belief that the only thing we have to fear . . ." (3 words)

5. Henry Ford: "People can have a Model T in any color, so long as . . ." (2 words)

6. Muhammad Ali: "I'm gonna float like a butterfly and . . ." (4 words)

7. Harry Truman: "If you can't stand the heat . . ."

8. Nathan Hale: "I only regret that I have but one life . . ." (5 words)

9. Lou Gehrig: "Today I consider myself the luckiest man . . ." (6 words)

10. Theodore Roosevelt: "I have always been fond of the West African proverb: 'Speak softly and . . .'" (4 words)

Below are the answers to the puzzle in this edition of
News You Can Use:

1. "...ask what you can do for your country."
2. "...tear down this wall!"
3. "'...no new taxes.'"
4. "...is fear itself."
5. "...it's black."
6. "...sting like a bee."
7. "...get out of the kitchen."
8. "...to lose for my country."
9. "...on the face of the earth."
10. "'...carry a big stick.'"