

# NEWS YOU CAN USE



## Mount Mansfield Villages

### APRIL 2023

The smell of mud season is in the air—the earth is loosening! April brings us [Alcohol Awareness Month](#) and [National Library Week](#).

Vermont's April [Full Pink Moon](#) is at peak illumination on Thursday, April 6, 2023, at 12:34am.

Dates of note:

**Apr 12—**[Int'l Day of Human Space Flight](#)

**Apr 13—**[Nat'l Scrabble Day](#)

**Apr 22—**[Earth Day](#)

**Apr 23—**[World Book Day](#)

**Apr 28-30—**[Vermont Maple Festival](#)

### CONTENTS

<a href="#"><u>Members' Memorandum</u></a> .....	p. 2
<a href="#"><u>Aging Well-Events</u></a> .....	p. 5
<a href="#"><u>Aging Well-Resources</u></a> .....	p. 6
<a href="#"><u>Food First</u></a> .....	p. 7
<a href="#"><u>Inspired by Nature</u></a> .....	p. 8
<a href="#"><u>Hodgepodge of Happenings</u></a> ....	p. 9
<a href="#"><u>Cook's Corner</u></a> .....	p. 11
<a href="#"><u>Passionate about Ecology</u></a> ....	p. 13
<a href="#"><u>Special Salute</u></a> .....	p. 16
<a href="#"><u>More Info about MMV</u></a> .....	p. 17
<a href="#"><u>Pure Puzzlement</u></a> .....	p. 18

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



### ~ JAZZ APPRECIATION MONTH ~

[Jazz Appreciation Month](#) was created to recognize and celebrate the extraordinary heritage and history of jazz. JAM is intended to stimulate and encourage people of all ages to participate in jazz—to study the music, attend concerts, read books about jazz, and more. See [this link](#) for the Smithsonian Jazz Oral History Program Collection.

## MEMBERS' MEMORANDUM



### LAMOILLE NEIGHBORS ♦ HYBRID ♦ SPEAKER SERIES

*Our sister Village organization invites us to its Zoom series.*



### ~ LUMIÈRE BROTHERS—FRENCH PHOTOGRAPHY PIONEERS ~ AND THEIR CONNECTION TO VERMONT'S QUEEN CITY

**Tuesday, April 4, 2023, 4:00pm–5:00pm**

Hugo Martinez Cazon, Vermont history enthusiast and environmental engineer, presents the breakthrough inventions in photography by the Lumière Brothers of Lyon, France and how they found a place in Burlington at the beginning of the 20th century. For more information on the event, see [this link](#).

***Zoom from home or join the Zoom at the Morrisville library*** on a big screen. To Zoom from home, register [here](#) at the MMV website.

## FOR SENIORS AND THOSE WITH PARKINSON'S ~ SEATED MOVEMENT CLASS ~



**Tuesdays—starting April 11, 11:00am–12:00pm**

Good Shepherd Lutheran Church, Jericho

Improve your health and well-being through movement and social interaction! This in-person class is designed to be beneficial to health, fun for the body, and enjoyable to the heart and mind. The instructor will lead participants in a series of movements choreographed to music—to strengthen and elongate muscles while moving arms, legs, and torsos in dancing and stretching movements.



The exercise program is perfect for seniors, those with developmental disabilities, Parkinson's disease, physical disabilities, those undergoing physical therapy, wheelchair users, amputees, and those with spinal cord injuries.

Participants can choose to attend for an hour or 30 minutes. The first class is free of charge.

For more information on the program and the instructor, see [this link](#).

## A GROUP FOR FAMILY CAREGIVERS ~ TEACH ~



**Fridays in June 2023, 10:00am–11:30am ♦ ONLINE ♦**

***TEACH is a therapeutic skills training and support group*** offered by the clinical social work services at the Memory Program and the Binter Program at the University of Vermont Medical Center.

***TEACH stands for Training, Education, and Assistance for Caregiving at Home.***

This is a small group (limit of 7 participants) for family caregivers providing care and support for someone with memory loss, dementia, or cognitive changes related to Parkinson's disease. It may be especially helpful for someone new to caregiving and/or experiencing an increase in caregiving responsibilities.

Topics to be addressed include:

- Self-care
- Resources and systems navigation
- Changes in relationships
- Planning for the future



***Participation in this 4-meeting, 90-minute, online group*** requires a pre-assessment by a social worker at the Memory Program. Call 802-847-1111 or see [this link](#) for more information. Help is available for learning how to use Zoom.

***The dates for the group are:***

**June 2, June 9, June 23, and June 30** (no meeting on June 16)



# AGING WELL–EVENTS

- **MEMORABLE TIMES ONLINE: “WE SAY”** ♦ **ONLINE** ♦

**Wednesday, April 5, 2023, 10:30am–11:30am**

Central VT Council on Aging & ABLE Library



April’s Memory Café, a dementia-friendly and fun program, connects with friends in Scotland to banter sayings across the Atlantic—like our “Jeezum Crow!” and their “Your jacket’s on a shoogly peg.” Contact Barb for the Zoom link at [basen@cvcoa.org](mailto:basen@cvcoa.org) or 802-476-2681.

The [CVCOA](#)-sponsored Memory Café initiative was highlighted in a 2022 “Across the Fence” program. See [this link](#).

- **LIVING BETTER WITH LOWER VISION** ♦ **ONLINE** ♦



**Friday, April 28, 2023, 10:00am–11:30am**

Dartmouth-Hitchcock Health, Aging Resource Center

Learn about services available in your community and how to live better with low vision. Registration at [this link](#).

- **DIABETES MANAGEMENT** ♦ **ONLINE** ♦

**Tuesdays starting May 2, 2023, 1:00pm–3:30pm**

My Healthy Vermont—hosted by North Star Health

Get guidance and support to manage your type 2 diabetes, prevent serious health problems, and live healthier. Register [here](#).



- **BINGO—“B” THERE OR “B” SQUARE!**



**Tuesdays, 10:00am–1:00pm**

Essex Area Senior Center

Bring a bag lunch, have fun, and win prizes! [Essex Senior Center](#) membership is \$25/year. Bingo is free, but donations are appreciated to cover supplies.

# AGING WELL—RESOURCES

- **RESTAURANT TICKET PROGRAM—AGES 60 & OVER**

Make a \$5 donation to Age Well for a ticket to dine at one of the participating restaurants. Information is [here](#) or call 802-662-5200.



- **MEDICARE COUNSELING ♦ ONLINE ♦**

Age Well's State Health Insurance Assistance Program (SHIP) offers free and confidential health insurance counseling. Also, an online class "New To Medicare" is offered every other Wednesday from 9:30am–11:30am. See [this link](#) or call the Helpline at 800-642-5119 to discuss and register.

- **SAVVY SENIOR WEBSITE ♦ ONLINE ♦**



*Savvy Senior*, a nationally syndicated information column devoted to older adults and the families who support them, is researched and written by senior advocate, author, and *TODAY Show* contributor Jim Miller. See the website at [this link](#).

- **ROAD SCHOLAR @ HOME ♦ ONLINE ♦**



The Road Scholar company offers a unique online learning experience for a fee: a 3- or 4-day Adventure Online or a 1-hour Online Lecture. In addition, they offer free online travel lectures in memory of August Ferretti at [this link](#).

- **CYBER-SENIORS ♦ ONLINE ♦**



The nonprofit Cyber-Seniors offers free technology support and training for senior citizens and free online classes. See their website at [this link](#). View this article on Cyber-Seniors in *Healthy Aging* magazine online: [\*\*\*Cyber-Seniors: From Movie To Movement To Mobilization\*\*\*](#).

# FOOD FIRST

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



Register for the meal(s) with Age Well; if needed, request a meal delivery from MMV. Suggested donation is now \$5; info is [here](#).

**JERICHO** - Jericho Community Center, Jericho Center

**Wed, Apr 12, 2023, 11:00am–12:00pm** (Register by **Fri 4/7**)

**Menu:** [here](#)

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

**UNDERHILL** - St. Thomas's Church, Underhill Center

**Wed, Apr 26, 2023, 11:00am–12:00pm** (Register by **Fri 4/21**)

**Menu:** [here](#)

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

- **"LET'S DO LUNCH" GATHERING**



**Friday, April 14, 2023, 11:30am–12:30pm**

Second Congregational Church, Jeffersonville

The Cambridge Recreation department sponsors this monthly social and lunch gathering, and the local elementary school children help serve and clear. A \$4 donation is suggested. Questions: 802-343-2372.

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

**Saturday, April 15, 2023, 9:00am–10:30am**

Good Shepherd Lutheran Church, Route 15, Jericho

More information is [here](#) or call 802-899-3932. Request assistance from Mount Mansfield Villages, and a volunteer will drive you to the Food Shelf.

- **CAMBRIDGE COMMUNITY FOOD SHELF**

**Tuesdays, 1:00pm–7:00pm**

Second Congregational Church ("white church"), Jeffersonville

More information [here](#) or call 802-644-8911. Request assistance from Mount Mansfield Villages, and a volunteer will drive you to the Food Shelf.



# INSPIRED BY NATURE

- **MONTHLY BIRD WALK**

**Saturday, April 15, 2023, 8:00am–10:00am**

Missisquoi National Wildlife Refuge–Stephen Young Marsh Trail

These walks are appropriate for birders of all skill levels and provide a wonderful opportunity to learn about birds throughout the seasons. Information is [here](#).



- **GREAT TREES AND FORESTS OF THE NORTHEAST–PAST AND PRESENT ♦ ONLINE ♦**

**Tuesday, April 18, 2023, 5:30pm–6:30pm**

Northeast Wilderness Trust

Bob Leverett, co-founder of the Native Tree Society, and Monica Jakuc Leverett will guide us on a virtual tour of treasured trees and forests in New England and New York. Register at [this link](#).

- **AN EVENING WITH LEAH PENNIMAN ♦ ONLINE ♦**



**Saturday, April 22, 2023, 5:00pm–6:30pm**

Sustainable Woodstock & Pentangle Arts

Celebrate Earth Day with renowned farmer, food justice activist, and author [Leah Penniman](#) as she presents *Black Earth Wisdom*. Free and open to all; suggested donation—\$10. Register [here](#).

- **APRIL BIRD MONITORING WALK**

**Saturday, April 29, 2023, 7:30am–9:00am**

Birds of Vermont Museum, Huntington

Register [here](#) for the monthly monitoring walk on the Museum's trails in forest and meadow. 10 participants max. By donation.





# HODGEPODGE OF HAPPENINGS

- **VERMONT WATERCOLOR SOCIETY–ARTIST RECEPTION**

**Sunday, April 2, 2023, 1:00pm–3:00pm**

**EXHIBITION DATES: April 2–May 14, 2023**

Emile A. Gruppe Gallery, Jericho

Enjoy this inspiring, juried **Vermont Watercolor Society** spring show entitled “Emergence.” See the Gruppe Gallery hours at [this link](#).



by Jeanette Fournier

- **HEALTHY SPRING DINNER COOK-ALONG ♦ ONLINE ♦**

**Tuesday, April 11, 2023, 4:00pm–5:30pm**

City Market

Cook along to make a healthy spring dinner—free of gluten and refined sugar and made from nutrient-dense whole foods. Registration is [here](#).



- **A HISTORY OF DISABILITY ♦ ONLINE ♦**



**Wednesday, April 12, 2023, 7:00pm**

Vermont Humanities

Professor of philosophy, author, and disability activist Patrick Standen unravels the complicated, fascinating, and controversial history of the concept of disability. Information and registration are [here](#).

- **AN AMERICAN IN PARIS**

**Sunday, April 16, 2023, 2:00pm–3:00pm**

Faith United Methodist Church, South Burlington

This Youth Opera Company of VT program will focus on opera scenes and art song in French and English, telling the story of an American exchange student in Paris. Donations are accepted at the door. More information is [here](#).



---

- **THE ARCHAEOLOGY OF THE ETHAN ALLEN HOMESTEAD: THOUSANDS OF ARTIFACTS & UNANSWERED QUESTIONS**

**Sunday, April 16, 2023, 2:00pm–3:15pm** ♦ **HYBRID** ♦

Ethan Allen Homestead Museum



Speaker Niels Rinehart manages the historic resources on state parks and state forests in Vermont and has worked as an archaeologist for many years. Niels looks forward to contributing to the historical understanding of the EAHM site. Register at [this link](#).

- **WESTFORD MUSIC SERIES: BUCK HOLLERS BAND**

**Sunday, April 16, 2023, 4:00pm–5:00pm**

Westford Common Hall

Rockabilly Americana Bluegrass quartet joined by a keyboardist. Free will donation. Pie raffle for extra fun. More information is [here](#).



- **SAFER ONLINE SHOPPING EXPERIENCES** ♦ **ONLINE** ♦

**Friday, April 21, 2023, 12:00pm–1:30pm**

AARP VT & T4T

Learn simple and effective security measures to protect personal and financial information so you can shop online with peace of mind. Register [here](#).



- **BEARING WITNESS AND THE ENDURANCE OF VOICE** ♦ **ONLINE** ♦

**Thursday, April 27, 2023, 6:30pm**

Vermont Humanities



Lucy Terry Prince, kidnapped from Africa, wrote the oldest known poem in the US by an African American. She later regained her freedom and moved to Vermont. This Poetry Month presentation highlights Prince's importance as a poet and orator. Info and registration are [here](#).

---

## COOK'S CORNER

---

### ~ ALMOND AND LEMON CRUSTED FISH ~

Contributed by MMV volunteer Dorsey Naylor



#### INGREDIENTS:

Zest and juice of one lemon, divided

½ cup sliced almonds, coarsely chopped

1 Tbsp finely chopped fresh dill or 1 tsp dried dill

1 Tbsp plus 2 tsp extra-virgin olive oil, divided

1 tsp kosher salt, divided

Freshly ground pepper to taste

1 1/4 lbs cod or halibut, cut into 4 portions

4 tsp Dijon mustard

2 cloves garlic, slivered

1 lb fresh baby spinach, washed and drained

Lemon wedges for garnish

## DIRECTIONS:

### Step 1

Preheat the oven to 400 degrees F. Coat a rimmed baking sheet with olive oil or parchment paper.

### Step 2

Combine lemon zest, almonds, dill, 1 Tbsp oil, 1/2 tsp salt, and pepper in a small bowl. Place the fish on the prepared baking sheet and spread each portion with 1 teaspoon of mustard. Divide the almond mixture among the portions, pressing it onto the mustard.

### Step 3

Bake the fish until opaque in the center—about 7 to 9 minutes, depending on the thickness.

### Step 4

Meanwhile, heat the remaining 2 tsp oil in a Dutch oven over medium heat. Add the garlic and cook, stirring, until fragrant but not brown—about 30 seconds.

Stir in the spinach, lemon juice, and the remaining 1/2 tsp salt; season with pepper. Cook, stirring often, until the spinach is just wilted—2 to 4 minutes. Cover to keep warm.

Serve the fish with spinach and lemon wedges, if desired.

### *Dorsey notes:*



*"This is a light, easy, delicious white fish dish. Serving the fish on the wilted spinach complements the fish and adds extra nutrition to the dish. If, however, you are in a hurry, don't have or don't like spinach, the fish is delicious on its own!"*



---

## PASSIONATE ABOUT ECOLOGY

---



~ **Essie Howe** ~

Mount Mansfield Villages Member

*Essie spent her working career as a nurse where she became involved in hospice. The interactions she had with her patients prompted her reflection on how we transition from life. Living in an area surrounded by forest, Essie appreciates the serenity that nature can bring to life—and death.*

**My mother, Anna Howe Stead, was a kind, quiet woman.** She was born and lived in Auburn, MA—an educator, a mathematician, a poet, and a thoughtful listener. She believed in peace and equality. She loved nature and recognized the wisdom of reducing and recycling far before its time. She taught school, and when I was 4 years old, she became the single parent of me and my four siblings, prioritizing that we all should have the opportunity for higher education. She had an open mind and cared about people and their stories. To her, the most interesting person in the world was the one in front of her.

In February 2015 at the age of 96, she was visiting us in Underhill when she started to have trouble breathing. We called 9-1-1. Four days later, on Valentine's Day, she died at the Medical Center in Burlington. Per her wishes, she was cremated.

### **CREMATION**

Like many, my mother erroneously believed that cremation is more environmentally friendly than conventional burial. On the contrary, cremation emits greenhouse gasses and toxic elements such as mercury into the atmosphere—and is becoming more expensive as fuel costs rise. Further, the setting for cremation often deters families from being



---

present during the final goodbye, distancing them from what could be an emotionally and spiritually healing funeral experience.

In February, I helped form the Green Burial Task Force, a group of community members who share an interest in exploring simple, environmentally and economically sustainable burial options. Our recent survey posted in Front Porch Forum reveals that cremation is not always a first choice but that it is chosen because of the impression it is less costly, more convenient, and “greener” than the alternative.

### ***CHARACTERISTICS OF GREEN BURIAL***

Green burial generally is less expensive than conventional burial. It does not require expensive, invasive body-altering practices such as embalming, elaborate or ornate non-biodegradable caskets, or concrete, plastic, or fiberglass vaults. Typically, preparing the body by bathing and anointing, shrouding or casketing in a simple biodegradable container and participating in grave decoration and the burial process itself are practices that are included in a green burial; these practices honor the dead while healing the living. Graveside services have the capacity for great solace and comfort in a green cemetery.



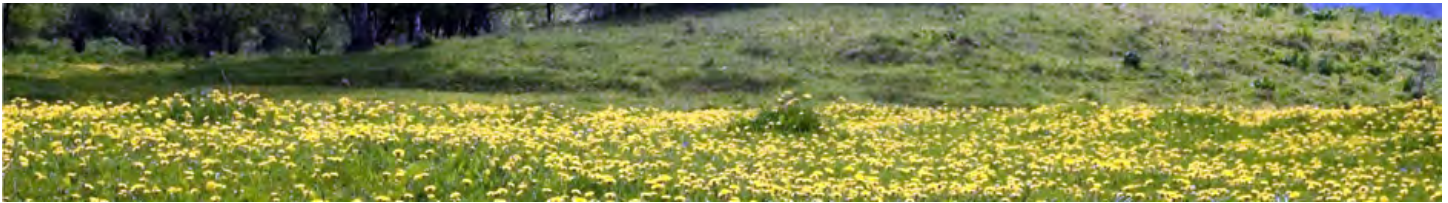
### ***GREEN BURIAL IN VERMONT***



I believe the first Vermont conservation burial site, in partnership with the Vermont Land Trust, will be opening in the Brattleboro area soon—**Higher Ground Conservation Burial.**

I am glad to be learning and sharing about this and am grateful to others who are more experienced and are willing to share their knowledge and resources. I’m also extremely grateful for our caring community. I like the thought that we are “all just walking each other home” (Ram Das) and that peace can be found by creating communal ways to embrace life, loss, death, love, and renewal.





If you'd like to learn more about green burial, some resources include the [Green Burial Vermont](#) and the Green Burial Council's [Frequently Asked Questions about Green Burial](#).



Remember to take the very brief **Green Burial Survey** at [this link](#) if you haven't had the opportunity yet. It only takes a few minutes to respond, and the Green Burial Task Force appreciates your thoughts!



*Heartwood Preserve Conservation Cemetery*



*Cedar Brook Burial Ground*

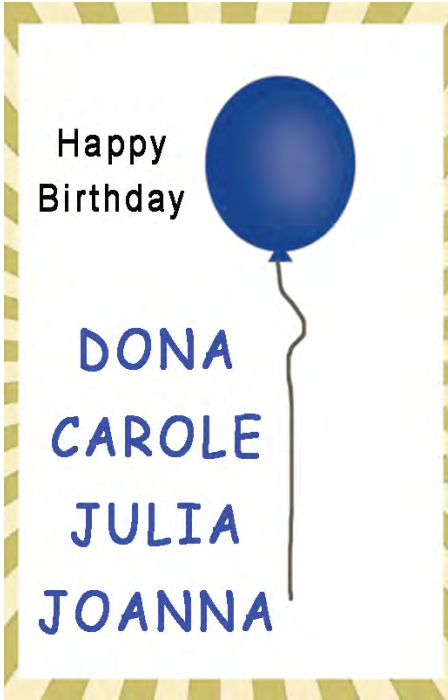


*From Memorial Ecosystems*



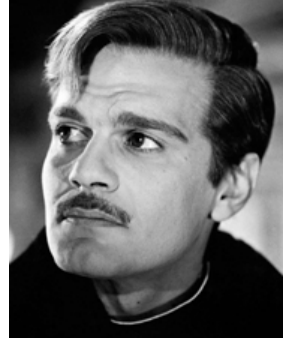
*Monastery of the Holy Spirit Burial Ground*

## SPECIAL SALUTE



### BIRTHDAY IN HISTORY

"Cairo Fred"



**Omar Sharif**, born Michel Demitri Shalhoub on April 10, 1932, in Egypt, was an **actor of international acclaim**, known

for his dashing good looks. Having entered the acting world at age 20, his famous movie roles included those in **Lawrence of Arabia** (1962) and **Dr. Zhivago** (1965). He continued to appear on-screen, though after 1970 he devoted much of his time to bridge—writing a long-standing column for the *Chicago Tribune* and releasing

books, videos, and video games. In 1967 he formed the **Omar Sharif Bridge Circus** to showcase bridge to the world and invited professional players to tour and promote the game.

*"The real question is why I spend so much time making movies when I could be playing bridge."* ~ Omar Sharif



### WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well

Ben & Jerry's Foundation

Central VT Council on Aging

Community Bank, N.A.

Concept2, Morrisville

The Harnisch Foundation

The Tarrant Foundation

Union Bank, Jericho

United Church of Underhill

Vermont Electric Cooperative

Vermont Mutual Insurance





## 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](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).

# PURE PUZZLEMENT

From 1950's Adult Activity Book, 2021 Sharper Mind Press. The answers are on **PAGE 19**.

## Word Scramble: Top 1950s TV Shows

1. I VLOE YULC      \_ \_ \_ \_ \_
2. ETRORVBAI      \_ \_ \_ \_ \_
3. ARWHIDE      \_ \_ \_ \_ \_
4. REGNATD      \_ \_ \_ \_ \_
5. OANANZB      \_ \_ \_ \_ \_
6. MSUKGONE      \_ \_ \_ \_ \_
7. FALMRNEI      \_ \_ \_ \_ \_
8. ONDNA DEER      \_ \_ \_ \_ \_
9. ENAKD ITYC      \_ \_ \_ \_ \_
10. KAJC NNBYE      \_ \_ \_ \_ \_
11. IKCD CRTYA      \_ \_ \_ \_ \_
12. RM YCLUK      \_ \_ \_ \_ \_

---

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

### *Answers: Top 1950s TV Shows*

1. I LOVE LUCY
2. RIVERBOAT
3. RAWHIDE
4. DRAGNET
5. BONANZA
6. GUNSMOKE
7. RIFLEMAN
8. DONNA REED
9. NAKED CITY
10. JACK BENNY
11. DICK TRACY
12. MR LUCKY