



Mount Mansfield Villages

MMV News You Can Use

8/5/2019

MMV News You Can Use is a communications tool that Mount Mansfield Villages intends to use to periodically share information that might be of interest to you and others. Hopefully, you will find it useful, but if you'd rather not receive **MMV News You Can Use** in the future, please let us know at mountmansfieldvillages@gmail.com.

Upcoming Events:

There are several upcoming events sponsored by MMV that you might find interesting:

- **Free Document Shredding Party**

August 10, 2019

9:00 AM - Noon

Union Bank (next to the Jericho Market on Route 15)

Bring your mail and confidential papers that you want to dispose of safely.

Don't know what to keep and what to shred - follow this link for info:

<https://www.suzeorman.com/resources/record-keeping>.



- **HomeFit Presentation**

August 21, 2019

6:00 - 8:00 PM

Underhill Town Hall (12 Pleasant Valley Road, Underhill)

"The AARP HomeFit Guide was created to help people stay in the homes they love by turning where they live into a 'lifelong home,' suitable for themselves and anyone in their household. The guide offers solutions that range from simple



do-it-yourself fixes to improvements that are more involved and require skilled expertise but are well worth the expense” (from <https://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html>). Please join us to learn how you can make your home more safe and efficient.

- **Information Table at Jericho Farmer's Market**

August 22, 2019

3:00 - 6:30 PM

Mills Riverside Park (338 Vermont Route 15)

Mount Mansfield Villages will have an information table at the Jericho Farmer's Market on Thursday, 8/22/2019. Please stop by!



- **End of Life Doula Presentation**

September 12, 2019

6:00 - 8:00 PM

Varnum Library (194 South VT 108, Jeffersonville)



“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” (from <https://endoflifedoulasvt.com>). Please bring any questions you have about services that are available from the End of Life Doula program.

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**