



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:

- **Stop the Bleed: Bleeding Control Course**
Multiple Dates and Times (see the list below)
UVM Davis Auditorium (111 Colchester Avenue, Burlington)
Stop the Bleed is a national campaign that addresses the most common cause of preventable trauma death in the US: uncontrolled bleeding. No matter how rapid the arrival of professional emergency responders, bystanders will always be the first on the scene. Trauma Services at UVM Medical Center wants everyone to be knowledgeable in the use of compression techniques or a tourniquet in trying to stop uncontrolled bleeding.

Training is about one hour and consists of a presentation, opportunity for discussion, and a hands-on skills station. *Stop the Bleed: Bleeding*

Control Course (B-CON) is open to employees & the public. We can come to you: contact us to have training at your location!

For information or to register for a training session email bleedingcontrol@uvmhealth.org or visit [Stop the Bleed](#) online.

Dates and Times--all sessions are at UVM's Davis Auditorium:

○ Monday	January 13	12:00 pm
○ Wednesday	January 22	6:00 pm
○ Monday	February 10	2:00 pm
○ Monday	February 24	6:00 pm
○ Monday	March 9	12:00 pm
○ Tuesday	March 24	6:00 pm
○ Monday	April 13	12:00 pm
○ Wednesday	April 22	6:00 pm
○ Monday	May 4	12:00 pm
○ Monday	May 18	6:00 pm

- **Medical Aid in Dying: The Story of One Man's Choice**

Tuesday, January 28, 2020

5:00 PM

**UVM Medical Education Pavilion, Larner Classroom, Room 100
(81 Colchester Avenue, Burlington)**

This panel discussion is a unique opportunity to hear the perspectives of both a family member and the physician attending a patient who chose MAID (Medical Aid in Dying), which is now an option for more than 70 million Americans. The discussion, hosted by the Dana Medical Library and Patient Choices Vermont, will be led by Dr. Jaina Clough (Medical Director, UVM Home Health and Hospice). Click [here](#) for more information.

- **Caring for Wildlife**

Tuesday, January 28, 2020

6:00 - 8:00 PM

**Mount Mansfield Union High School (211 Browns Trace Road,
Jericho)**

Cost: \$15

"If you love wildlife and want to learn more about its stewardship, please consider attending this session. This is an opportunity to dispel myths, learn about some species of wildlife, learn how to help resolve conflicts non-lethally, and foster living with wildlife as our neighbors." Instructor: Nancy Carey. Nancy has been licensed by the VT Fish and Wildlife Dept. to care for orphaned wildlife for twenty-seven years and has cared for animals her entire life. She was also a Veterinary Assistant for 15 yrs.

Enroll at:

www.mmuafterdark.com/product-page/caring-for-wildlife

Items of General Interest:

- **MMV Board Member Bio**

- **Name:** Betsy Harper
- **Town:** Cambridge
- **Years in this area:** 39+
- **Hometown:** Cheshire, CT
- **Occupation:** Physical Therapist
- **Retired?:** Yes
- **Family:** Married 39+ years; two children and 3 grandchildren and my dog Belle
- **Hobbies or interests:** biking, x-c skiing, and snowshoeing; watercolor painting; monthly book group; cooking
- **Why I serve on the MMV Board:** My arm was twisted by my good friend and neighbor, Jeanne Hutchins! It is gratifying to help this organization grow from its beginnings.
- **I'd like you to know:** I hope MMV continues to grow and strengthen so it will be there for me and my husband should we need it.



- **Email:** sparksharper@gmail.com
- **Preferred Phone:** 802-644-5691

- **MMV Recommended Service Providers**

Members, do you know that MMV has a list of Recommended Service Providers you can hire to help you with tasks that our volunteers can't do? These professionals have submitted a certificate of liability insurance and the names of three references, which MMV has checked. You can find them by clicking on the **Members** tab at the top of the website and scrolling down to **Preferred Providers** or **Recommended Commercial Services Directory**. There you will find contact info and information on any discounts they may offer.

We continue to approach local service providers to try to expand our recommended list. At this time, the list includes:

- CACR Plumbing and Heating, Corey Russin, plumber
- Chores and More, Dave Matot, carpenter, handyman
- Greg Smithers, painter
- Home Care Assistance of Greater Burlington, Tom and Stacy Lee
- Local Electric, Dakota Dubie, electrician
- Screen Doctor, Jerry Cole, screen repair
- Topnotch Painting, Rick Wiesel, painter
- Wells Electric, Jeff Wells, electrician
- Workhorse Property Management, Keith DesRoches, snow removal, lawn mowing, general property management, carpenter, handyman, home security, etc.

If you have a provider who has given you great service, email MMV with his/her contact information and we'll invite them to become recommended providers.

- **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:

- **MMU After Dark**

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.

- **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://endoflifedouglasvt.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**