

# NEWS YOU CAN USE



## Mount Mansfield Villages

### SEPTEMBER 2023

September is **Healthy Aging** Month, and nothing is healthier than eating freshly picked corn and ripe apples just off the tree!

Vermont's **Harvest Moon** appears full for three days from Sept 28-30 and will be at peak illumination on Friday, Sept 29 at 5:58am.

**Sept 4—Labor Day**

**Sept 11—Nat'l Day of Service and Remembrance**

**Sept 21—World Alzheimer's Day**

**Sept 22—World Car-Free Day**

**Sept 23—Autumnal Equinox**

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

### ◆ OLD-FASHIONED HARVEST MARKET 2023 ◆

**Sat, Sept 23, 9:00am–5:00pm & Sun, Sept 24, 10:00am–4:00pm**

United Church of Underhill, 7 Park Street, Underhill

This annual community fair features two days of entertainment, great energy, food, crafts, and music. Stop by the Mount Mansfield Villages' table to say hello! Check back **here** for 2023 schedule updates. And to add to the fun—flea markets and book sales abound in the neighborhood of the fair!



## MEMBERS' MEMORANDUM



### ◆ WINE & FOOD (& ART!) SOCIAL ◆

**Sunday, October 1, 2023, 2:00pm–4:00pm**



**Mt Mansfield UU Fellowship building, 195 Route 15, Jericho**

Sponsored by Mount Mansfield Villages

***The MMV community and friends are invited*** to enjoy an afternoon social. We'll celebrate the beginning of autumn with lively conversation, laughter, and light refreshments—finger foods, wine, and non-alcoholic beverages.

To cap the afternoon event, original artwork by a local artist will be raffled off for free—colorful paintings to brighten any room! Everyone wins—each attendee will be given a free raffle ticket and an extra one if they bring a guest.

Call Mount Mansfield Villages at 802-858-5321 to request a ride.

## ◆ COVID UPTICK & NEW VACCINE ◆

**COVID-19 cases nationwide are starting to tick up**, and Vermont is seeing that trend, too.

Vermont Public's *Vermont Edition* interviewed Dr. Tim Plante, a general internist, epidemiologist, and assistant professor at the University of Vermont Larner College of Medicine who answered questions about this newest COVID-19 wave and when you can plan to get your next booster.



Dr. Plante noted that the next updated vaccine should be available around the end of September and will provide protection against the new variant EG.5, the dominant strain in the U.S. and Vermont:

*"...I think the better bang for your buck is waiting...wash your hands, wear a mask, you know, be careful, and get the new vaccine that's coming out—the third vaccine that's ever been made—in six weeks [end of September], which targets the currently circulating virus. That's the one we want to be getting into arms."*

See the text transcript or listen to the interview [here](#).

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## ◆ CML: CHOICE MAGAZINE LISTENING ◆



**Choice Magazine Listening** is a nonprofit organization that provides audio recordings of memorable articles, stories, interviews, essays, and poems from outstanding current magazines—completely free of charge—to blind, visually impaired, physically disabled, or dyslexic adults.

Each year CML produces 48 hours of recorded magazine selections by professional audiobook narrators—each quarterly issue containing 12 hours of listening. For more information, see [this website](#).

## ◆ FALLS PREVENTION AWARENESS WEEK ◆

September 18–22, 2023

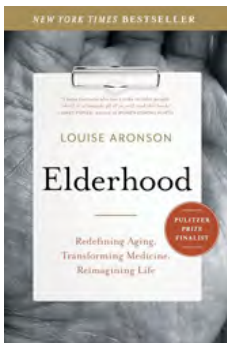
***Falling is not a normal part of aging*** and can have dire consequences. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. The CDC developed the **STEADI** (Stopping Elderly Accidents, Deaths & Injuries) initiative which includes educational materials and tools to improve fall prevention—[here](#).



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## ◆ ELDERHOOD: REDEFINING AGING, ◆ TRANSFORMING MEDICINE, REIMAGINING LIFE

Author: Louise Aronson, MD, MFA



***For more than 5,000 years, "old" has been defined as*** beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old age into a disease, a condition to be dreaded, denigrated, neglected, and denied.

Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy—a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself.

~ from the publisher



***Deborah Rawson Book Lovers*** will discuss *Elderhood* at their next meeting—Tuesday, September 12 at 7pm. More info is [here](#).



## AGING WELL—EVENTS

- **MOVEMENT FOR PARKINSON'S DANCE PROGRAM**

**Tuesdays, 12:00pm–1:15pm** at South Burlington Senior Center

**Thursdays, 10:00am–11:15am** ♦ **ONLINE** ♦

Flynn Education with Sara McMahon

Movement for Parkinson's is about more than moving and dancing; it's about gathering together, creating joy, and building community. Info and registration—[here](#).



- **MEMORABLE TIMES ONLINE: "THEY TAUGHT ME WELL"**

**Wednesday, September 6, 2023, 10:30am–11:30am**

Central VT Council on Aging ♦ **ONLINE** ♦

Enjoy fun conversations and reminiscing about favorite teachers and mentors at [September's Memory Café](#), a dementia-friendly program. Contact Barb for the Zoom link at [basen@cvcoa.org](mailto:basen@cvcoa.org) or 802-476-2681.



- **WOMEN & WILLS**

**Wednesday, September 20, 2023, 10:00am–12:00pm**

Shelburne Farms and the Vermont Land Trust



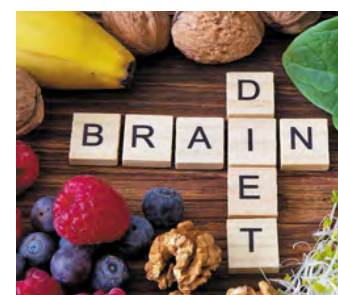
In a spectacular setting, the Vermont Land Trust teams with Shelburne Farms to offer women free advice on where to begin—or how to refine—a legacy plan that provides for the people and programs they care most about. Information and registration are [here](#).

- **EATING TO SLOW MENTAL DECLINE** ♦ **ONLINE** ♦

**Wednesday, Sept 20, 2023, 2:00pm–3:00pm**

Dartmouth Aging Resource Center

This class will explore which eating habits support clear thinking and which ones contribute to slow, agitated, or cloudy thinking. Registration is [here](#).



## AGING WELL—RESOURCES



- **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. **The suggested donation is \$5**; info is [here](#).

**JERICO** - Jericho Community Center, Jericho Center

**Wed, Sept 13, 2023, 11:00am–12:00pm** (Register by **Fri 9/8**)

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

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

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

**Wed, Sept 27, 2023, 11:00am–12:00pm** (Register by **Fri 9/22**)

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

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

- **IS YOUR BLOOD PRESSURE MONITOR VALIDATED? ♦ ONLINE ♦**



A *JAMA* [article](#) notes that validated BP devices have proven accuracy and greater precision than non-validated devices and the high prevalence of non-validated devices on e-commerce websites. Check the Validated Device Listing (VDL) [here](#) if buying a BP device.

- **USE FALL DETECTION WITH YOUR APPLE WATCH ♦ ONLINE ♦**

If your Apple Watch SE or Apple Watch Series 4 or later detects a hard fall, it can help connect you to emergency services if needed. You can find out more at [this link](#). Watch the helpful video [Apple Watch Fall Detection Keeps Seniors Safe](#) by Ellen Sweeney.



- **TECH HELP WITH CLIF—MONDAYS**



Schedule a 1-on-1 session with Clif at the Brownell Library in Essex Junction for assistance with your tech devices. Call the Brownell Library front desk for an appointment at (802)878-6955.

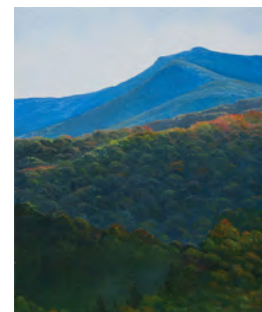
# HODGEPODGE OF HAPPENINGS

- **ART EXHIBIT: *REACHING NEW HEIGHTS***

**Now through September 24, 2023**

Emile A. Gruppe Gallery, Jericho—[hours](#)

Former graphic designer and now full-time painter [Tom Waters](#) found his calling in painting VT landscapes in oil.



- **EDUCATION AND ENRICHMENT FOR EVERYONE ♦ HYBRID ♦**

**Fridays, September 8–November 17, 2023, 2:00pm–3:00pm**

Faith United Methodist Church, S. Burlington OR Zoom

Eleven thought-provoking, in-person or Zoom lectures are available for a \$55 membership to EEE. Lecture series info is [here](#); membership info is [here](#). Note: EEE will accept membership after Aug 25. September lectures include:

**9/8:** Public Health in Vermont with Dr. Mark Levine

**9/15:** What's So Great about Beethoven's Fifth?

**9/22:** A Deep Dive into the History of the Burlington Ravine

- **SOLDIER SHOWCASE–2023**



**Sunday, September 10, 2023, Time TBD**

Ethan Allen Firing Range, Jericho

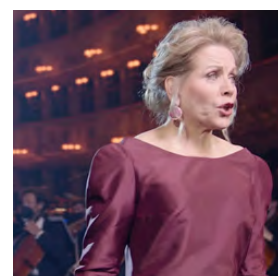
Vehicles and equipment that soldiers use are on display, along with demonstrations of live fire events throughout the day. The event program will be available at [this link](#).

- **FILM: *RENÉE FLEMING'S CITIES THAT SING – VENICE***

**Saturday, September 16, 2023, 3:00pm–4:30pm**

Essex Cinemas

Fleming combines the most famous music ever written—Verdi, Rossini, Puccini and more—with the city's sights, history, and art for a unique cinematic event that is not to be missed. \$10 senior tickets [here](#).



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- **SOURDOUGH ALCHEMY & FERMENTATION BASICS**

**Monday, September 18, 2023, 5:00pm–7:30pm**

Deborah Rawson Memorial Library, Jericho



**Brot Bakehouse School and Kitchen's** Heike will lead a 2-hour presentation on sourdough starter and bread fermentation. There will be free sourdough starters to take home and waffles made on-site to enjoy. See [this webpage](#) for more info.

- **1960'S FLUXUS ART MOVEMENT ♦ HYBRID ♦**



**Monday, September 18, 2023, 7:00pm**

Brownell Public Library, Essex Junction

Vermont Humanities sponsors **Fluxus-era artists** John Killacky and Sean Clute as they discuss this movement and the creation of their new video *FLUX*. More info and registration are [here](#).

- **OLLI AT UVM**

**Various dates and venues, including online**



OLLI (Osher Lifelong Learning Institute) at UVM is a community of adult learners who enjoy year-round programs and events that are diverse, interesting, fun, and affordable. See [this webpage](#) for courses and membership/cost information.

- **STUCK IN VERMONT VIDEO: EAST MONITOR BARN IN RICHMOND**  
**7 min. video—stream anytime ♦ ONLINE ♦**

Seven Days

Watch [this recent video](#) about the ongoing restoration of the East Monitor Barn on the **Vermont Youth Conservation Corps** campus in Richmond, featuring restoration experts Eliot Lothrop (Huntington) and Dan Lee (Underhill).





## INSPIRED BY NATURE

- **RETURN OF THE AMERICAN CHESTNUT** ♦ **HYBRID** ♦

**Wednesday, September 6, 2023, 7:00pm**

Rutland Free Library and Vermont Humanities

In the early 20th century, a blight killed approximately 4-5 billion American Chestnut trees. Tom Estill will describe the history as well as the future of this tree. More info and registration are [here](#).



- **SEPTEMBER BIRD MONITORING WALK**

**Saturday, September 16, 2023, 7:30am–9:30am**

Green Mountain Audubon Center, Huntington

Migration is upon us! Join the search for birds in various habitats at the Audubon Center. More information is [here](#).



- **NATURE'S S.O.S.: VT'S SECRET IS IN OUR SOILS** ♦ **ONLINE** ♦

**Thursday, September 21, 2023, 12:00pm–1:00pm**

The Nature Conservancy



Geologic settings drive biodiversity and help us determine the most climate-resilient places to conserve. Learn about Vermont's focal landscapes and what we do to protect them. Registration and information are [here](#).

- **FUNGI FEST**

**Saturday, September 23, 2023, 8:30am–7:00pm**

North Branch Nature Center, Montpelier

Fungi Fest is a full-day celebration of all things mushrooms—forays, workshops, and more. Enjoy dinner, live music, and a fungi-themed art exhibit. Due to space limitations, (free) tickets are required for the morning and afternoon portions of the event. [This link](#) is for more information.



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## COOK'S CORNER

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### ◆ CHERRY TOMATO COBBLER ◆

Contributed by MMV volunteer Nancy McRae

#### **Tomato Mixture:**

2 pints cherry tomatoes  
2 garlic cloves  
1 red onion  
Olive oil  
Salt & pepper

#### **Biscuit Batter:**

2 Tbsp cold butter  
1 egg  
3/4 C flour  
3/4 C cornmeal  
3/4 tsp baking powder  
1/4 tsp baking soda  
1/2 C buttermilk  
Salt

**Plus:** Several sprigs of basil &  
1/2 C grated Parmesan

### **DIRECTIONS**

#### **Step 1**

Heat oven to 425°F. Grease a medium ovenproof skillet with olive oil.

#### **Step 2**

Cut cold butter into cubes.

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### Step 3

Beat 1 egg in a small bowl.

### Step 4

Put flour, cornmeal, baking powder, baking soda, and a sprinkle of salt in a food processor. Add the butter cubes and pulse until the mixture looks like coarse bread crumbs.

### Step 5

Add the egg and buttermilk and pulse until the mixture comes together in a thick, sticky batter.

### Step 6

Halve cherry tomatoes; put them in a medium bowl. Peel and thinly slice garlic cloves; peel, halve, and slice the red onion; add them to the bowl. Drizzle the tomato mixture with olive oil, sprinkle with salt and pepper, and toss.



### Step 7

Put the tomato mixture in the skillet; spoon dollops of the biscuit batter across the top. Bake until the biscuits are golden and cooked through and the tomatoes and onion are softened—20 to 25 minutes.

### Step 8

While the cobbler is baking, strip the basil leaves from several sprigs and tear them into pieces or cut them into strips.



### Step 9

When the cobbler is done, sprinkle the top with the grated parmesan cheese and the basil. Drizzle with a little olive oil. Serve hot, warm, or at room temperature.



*"A world without tomatoes is like a string quartet without violins."*

~ Laurie Colwin

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## A MEMBER'S REFLECTIONS

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### ◆ JUST ONE MORE DAY WITH LUNA ◆

Contributed by MMV member Sue Kusserow

Well, Luna is gone. For those of you with a small, smiling, and exuberant pup who knew all the family tricks, your eulogy may be similar to mine: begging for food...anything of any kind. But we also know the amount of love that has been given to each dog, so they are the same happy dogs “under the skin.”

Luna, named for the color of a full summer moon, has been the family dog for 13 years...teaching us how to throw sticks (not too far, please). She plunges after them as if training for the next doggie Olympics. She also shows us how to grab any stick floating through the fields of cattails and pond lilies and bunches of discarded, moldy dead maple leaves.

Her first photo shows a little yellow pup, proudly sitting in a broken old rocking chair. But it still had enough sway to it. Oops! There she goes-falling again...rolling in the fresh wet grass of our Underhill field!

One of her last photos was of a more “sedate” Luna but still able to spring up for another chase to catch an errant branch floating in the pond.

Her next favorite spot (besides a corner on the shady porch) was another pond, sheltered, and cooled by trees and





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small waterfalls. It was wet and soothing and therefore something to be investigated. Since we were not brave enough to practice our own doggie paddles, Luna examined each rock with her nose and went doggie swimming with her feet.

When we get home, she climbs out of the car and spreads herself on the cool garage cement floor; her eyes close and she is again chasing down the waterfall into a deep pool that feels just right. I give her a sedative which lets her relax...and though I wish for Just One More Day with Luna, I know this day that she has given me, at this moment, is all the days she has left to give.

Just one more day...PLEASE! I know I have watched for this day of death, but at this moment she has given me all the days I am allotted, even though my tears say...*JUST ONE MORE DAY!?*



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## SPECIAL SALUTE

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***"Hi, I'm Lucy Wilcox."***

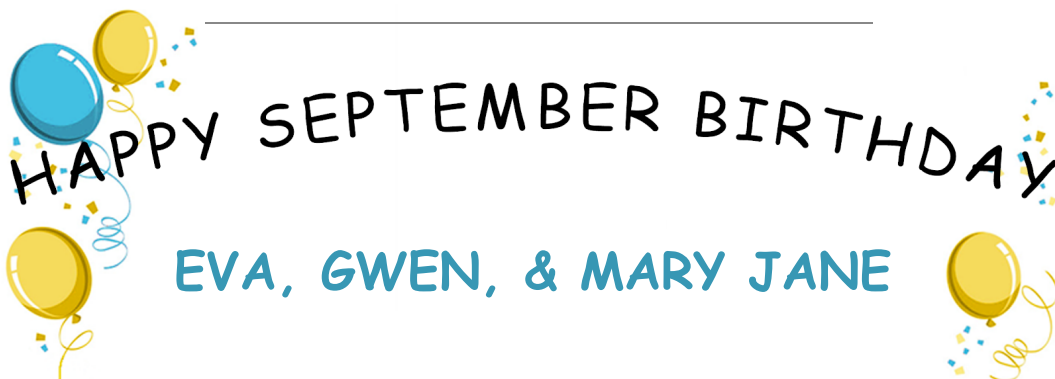
*"I want to say how much I appreciate and enjoy Mount Mansfield Villages. I was introduced to them when I saw an ad to bring material to be shredded at the Union Bank. While there, I met many friendly members. They told me that Mount Mansfield Villages is an organization which helps senior citizens to age in their own homes, and I signed up!"*

*Since then, I have participated in many activities—painting, forcing bulbs, and picnics. We even had a cider press gathering and got our own quart of cider. I have also been the recipient of rides to appointments and shopping as needed, help in the garden, and help with household needs—and always done graciously.*

*A big thank you for the very colorful newsletter which keeps us informed about Mount Mansfield Villages' activities and events in surrounding towns. I look forward to going to as many activities as possible."*



Lucy is a retired teacher living in Jericho. She is an accomplished photographer, and her images appear on notecards that she sells in various places, including the [Old Red Mill](#) in Jericho. Lucy has a wonderful sense of humor and is a great addition to our village.





***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.

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**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.

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***MMV News You Can Use is a resource*** to share information that might be of interest to the MMV community 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.

Suggestions for postings, problems with “links” or wish to unsubscribe—please let us know at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com).

***We thank our generous commercial donors:***

Age Well  
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Hickok and Boardman  
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Jericho United Methodist Church  
The Harnisch Foundation  
The Richard E. & Deborah L. Tarrant Foundation  
Union Bank, Jericho  
United Church of Underhill  
Vermont Electric Cooperative, Inc.  
VT Mutual Insurance Charitable Giving Fund

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## PURE PUZZLEMENT

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*From "399 games, puzzles & trivia challenges specially designed to keep your brain young" by Nancy Linde. The answers are on **PAGE 17**.*

### *Rhyme Time*

*Each question includes two definitions for two different words. The twist is—they will rhyme.*

1. Extreme anger; and area in a theater where the play takes place.
2. To reprimand or rebuke; and not young.
3. Small garden area; and luxury boat.
4. Juicy fruit; and rundown area of a city with substandard housing.
5. Low-valued playing card; and a waterfowl known for flying in V-formation during migration.
6. A spectral figure; and cooked bread.
7. A soldier's water bottle; and the stimulant in tea and coffee.
8. The capital of Arkansas; and a device that wakes you up.
9. Veracity; and, as the saying goes, this is wasted on the young.
10. Physics or chemistry; and dishwasher or refrigerator.
11. Islands north of Cuba; and sleepwear.
12. To swear or blaspheme; and Florence Nightingale's profession.



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*Below is the solution to the puzzle in this edition of "News You Can Use."*

### *Answers: Rhyme Time*

1. Rage; and stage
2. Scold; and old
3. Plot; and yacht
4. Plum; and slum
5. Deuce; and goose
6. Ghost; and toast
7. Canteen; and caffeine
8. Little Rock; and alarm clock
9. Truth; and youth
10. Science; and appliance
11. Bahamas; and pajamas
12. Curse; and nurse

*This coloring page is from "Follow Your Dreams–Artist's Coloring Book" by Peter Pauper Press.*

