

NEWS YOU CAN USE



Mount Mansfield Villages

JANUARY 2024

Happy New Year to all—an opportunity for a fresh start and the expectation of winter snow!

The full moon this month is called the **Wolf Moon** and is at peak illumination on Thursday, January 25, at 12:54pm.

Dates of note:

Jan 4—**World Braille Day**

Jan 8—**War on Poverty Day**

Jan 15—**MLK Day of Service**

Jan 23—**National Pie Day**

Jan 25—**Burns Night**

Jan 29—**National Puzzle Day**

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A smattering of event options follow with a focus on free, relatively local, and in-person **unless noted**.

◆ GREAT FINDS IN NATURE ◆

Thursday, January 4, 2024, 6:30pm–7:30pm ◆ ONLINE ◆

Green Mountain Audubon Society

Nature provides us with peace, quiet, and delight—but also can startle and surprise us! Join Maeve Kim and Bernie Paquette for an evening of breathtaking photos and astonishing stories. Register at **this link**.

More info at **this link**.



MEMBERS' MEMORANDUM



Lamoille Neighbors village invites us to its sponsored event:



SOUP TO NUTS:

◆ AN ECCENTRIC HISTORY OF FOOD ◆

Tuesday, January 9, 2024, 4:00pm–5:00pm

Lanpher Memorial Library, 141 Main Street, Hyde Park

The history of what and how we eat encompasses everything from the prehistoric mammoth luau to the medieval banquet to the modern three squares a day. Presented by writer [Rebecca Rupp](#), this talk let attendees find out about the rocky evolution of table manners, the not-so-welcome invention of the fork, the awful advent of portable soup, and the surprising benefits of family dinners—plus some catchy info on seasonal foods. What's the story of chocolate? Why do the Irish eat corned beef and cabbage on St. Patrick's Day? Who invented lemonade? Why are turkeys called turkeys? And what are sugarplums anyway? Registration is [here](#).

NEW YEAR'S RESOLUTION

◆ HEALTHY LIVING FOR THE BRAIN & BODY ◆

Various Thursdays, 12:00pm-1:00pm ◆ ONLINE ◆



This Alzheimer's Association program is intended for healthy individuals of any age who are looking for ways to age well and lower their risk of dementia and Alzheimer's disease. See [this flyer](#) for more information on the series. To register, see the links below or call 800-272-3900.

Register [here](#)– **1/04**: Healthy Living for the Brain & Body

Register [here](#)– **1/11**: Heart-Healthy Cooking for Your Brain

Register [here](#)– **1/18**: Movement to Support Your Brain & Body

Register [here](#)– **2/01**: Good Sleep for Good Health. There will be opportunities for Q&A.



◆ CARING FOR AN AGING PARENT ◆ FROM A DISTANCE

◆ ONLINE ◆

About 15 percent of caregivers in the U.S. live more than an hour's drive from the person they are caring for. If you are a long-distance caregiver or are expecting to become one, Blue Cross Blue Shield of Vermont has put together some strategies and tips you can use on [this webpage](#).

♦ ART EXHIBIT: *FARMS AND FIELDS* ♦

Early January 2024 through April 2024

Jericho Town Hall

Vermont's bucolic landscape has changed over the years—fewer dairy farms, different crops, new practices, and younger generation farmers.



Established and emerging local artists have submitted their artwork to this exhibit, capturing their view of farms and fields in all seasons.

♦ STUCK IN VERMONT: *MEALS ON WHEELS* ♦

♦ ONLINE ♦



Watch this recent [7-minute video](#) about Howard Fisher, an 81-year-old former U.S. Army pilot who spends Tuesday mornings dropping off ***[Meals on Wheels](#)*** (for Chittenden County). He's one of 800 Age Well volunteers who hand-deliver 270,000 meals per year to older Vermonters in northwestern Vermont. For information on Lamoille County Meals on Wheels, see ***[this link](#)***.

♦ NATIONAL PUZZLE DAY—JANUARY 29 ♦



National Puzzle Day recognizes that doing puzzles improves memory, cognitive function, and problem-solving skills. For those who enjoy online puzzles, try the free ***[New York Times daily puzzles](#)*** or ***[Free Mind Games Online](#)***.

Our local libraries are jigsaw puzzle exchange sites—pick up a used puzzle or drop one off for someone else to enjoy. Reap the many ***[benefits of doing jigsaw puzzles](#)*** and read about the history of jigsaw puzzles ***[here](#)***.

REPORTING RESULTS

◆ HOLIDAY LUNCHEON & SOCIAL ◆

from Dec 2023 "News You Can Use"

See Cook's Corner on [page 13](#) for a delicious soup recipe that was served at the Holiday Luncheon.



◆ ANNUAL FESTIVITY DELIVERY ◆

*from Dec 2023
"News You Can Use"*

AGING WELL–EVENTS

- **SEATED TAI CHI FOR FALLS PREVENTION** ♦ **HYBRID** ♦

Mondays & Wednesdays starting Jan 8, 2024, 10:00am–11:00am

Deborah Rawson Memorial Library, Jericho

Age Well and DRML are co-sponsoring seated Tai Chi for Falls Prevention for those 60+, a great exercise option that is accessible regardless of age or fitness level. To register, email Jo at

joannosborne2@gmail.com. Further info is [here](#).



- **GUIDED MEDITATION** ♦ **ONLINE** ♦

Fridays, 12:00pm–12:30pm

Dorothy Alling Library

Reconnect to your peaceful body and breath. If you would like to join the meditation, email

daml@damlvt.org for the Zoom meeting link.

- **CARING CONVERSATIONS—QUESTIONS CAREGIVERS ASK THEMSELVES** ♦ **ONLINE OR BY PHONE** ♦

Tuesday, January 16, 2024, 10:00am

McGill Dementia Education Program

Social worker Lucy Barylak and educator Joanne Besner will discuss the most challenging issues they have experienced as caregivers and practitioners along with solutions. Info and registration are [here](#).



- **LATE-LIFE FEMALE INCONTINENCE DISCUSSION** ♦ **ONLINE** ♦

Thursday, February 1, 2024, 2:00pm–3:30pm

Dartmouth-Hitchcock Health, Aging Resource Center

Urogynecology expert Dr. Anne Cooper will discuss the impact of this condition along with strategies and treatments. More info and registration are [here](#).



AGING WELL–RESOURCES

- **OLLI AT UNIVERSITY OF VERMONT**

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 or call 802-656-5817.

- **THE EXTRAORDINARY WORLD OF MUSIC AND THE MIND**

AARP ♦ ONLINE ♦

fMRI, which tracks blood flow in the brain, reveals that listening to music is a full-brain workout—a wide distribution of brain structures light up, including the brain stem, motor and language centers, auditory cortex, emotion centers, and visual systems. Read the fascinating article [here](#).



- **RUMMIKUB FOR ADULTS**

Fridays, 1:00pm–3:00pm

Essex Free Library, Essex

No RSVP needed—meet up with other players at the round table on the accessible Mezzanine and enjoy!

- **LIBRARY OF THINGS: ENTERTAINMENT, LEARNING, & DISCOVERY**

Brownell Library, Essex Junction



If you are a patron of a library that participates in the Homecard Library System (e.g., Deborah Rawson Memorial Library), you can check out many interesting items from the Brownell Library—like a laminator, Dremel tool, karaoke machine, telescope, ukulele, stud finder. Borrow something different! See the list [here](#) or call 802-878-6955.

FOOD FIRST

Request assistance from Mount Mansfield Villages and a volunteer will pick up your Grab 'N Go lunch and deliver it to you.

- **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.**



JERICHO - Jericho Community Center, Jericho Center

Wed, Jan 10, 2024, 11:00am–12:00pm (Register by **Fri 1/5**)

Menu: [here](#)

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

UNDERHILL - St. Thomas's Church, Underhill Center

Wed, Jan 31, 2024, 11:00am–12:00pm (Register by **Fri 1/26**)

Menu: [here](#)

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

Registration form for 2024 Age Well Meals can be downloaded [here](#).

- **WINTER SOUP BOWL SUNDAYS – UNDERHILL RESIDENTS**

January 14, February 18, & March 17, 2024, 5:00pm–7:00pm

Underhill Town Hall

A variety of soup selections are provided including a vegan option. Bring a cheese, bread, or dessert to share—and bring your own utensils, bowls, and beverages. Come share in the fun of this free and family-friendly event.



- **HORS D'OEUVRES COOK-ALONG ♦ ONLINE ♦**

Saturday, January 20, 2024, 9:00am–10:30am

City Market

Cook along and learn how to prepare a variety of dishes including pâté, crackers, and canapés—free of gluten and refined sugar and made from nutrient-dense whole foods. Registration and info are [here](#).



HODGEPODGE OF HAPPENINGS

- **SPANISH CONVERSATION** ♦ **ONLINE** ♦

1st & 3rd Wednesdays, 5:00pm–6:00pm

Dorothy Alling Library

Whether you are fluent or a beginner, join teacher Elliot Lafferty online to practice Spanish conversation. Email daml@damlvt.org to register and receive the Zoom link.



- **AARP THEATER: GISELLE** ♦ **ONLINE** ♦

Tuesday, January 9, 2024, 8:00pm–10:00pm

Dutch National Ballet

This production of the enchanting classical ballet *Giselle* features atmospheric designs by Toer van Schayk and a captivating international cast. Registration and information are [here](#).

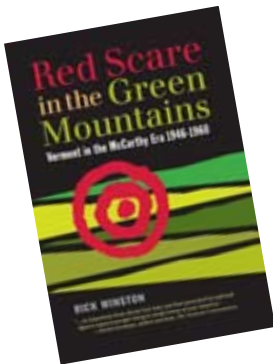


- **RED SCARE IN THE GREEN MOUNTAINS:
VERMONT IN THE MCCARTHY ERA**

Thursday, January 11, 2024, 12:00pm–1:00pm

Vermont Humanities and Essex Free Library

Author Rick Winston explores forgotten history—how small, rural “rock-ribbed Republican” Vermont handled the hysteria of the time. More information is [here](#).



- **"P.M. SUNDAYS" THE CLEMENTS BROTHERS**

Sunday, January 14, 2024, 4:00pm–6:00pm

Valley Stage Productions - Richmond Congregational Church



George and Charles Clements have been playing and writing music together for as long as they can remember—with roots, rock, bluegrass, jazz, and classical influences. Promotional videos and \$17.50 Senior tickets are [here](#).

• **WELCOME 2 HOUSTON: HIP HOP AS LOCAL HERITAGE** ♦ **ONLINE** ♦

Wednesday, January 24, 2024, 7:00pm–8:00pm

Vermont Humanities and Brooks Memorial Library

Langston Collin Wilkins returns to the city where he grew up to illuminate the complex relationship between place, identity, and music in Houston's hip hop culture.

Registration and information are [here](#).



• **ADULT CRAFT: NEEDLE-FELTING BIRDS**

Thursday, January 25, 2024, 3:00pm–4:30pm

Burnham Memorial Library, Colchester

Learn the basics of needle felting and create a sweet bird on a branch. Register [here](#).

• **METROPOLITAN OPERA HD-LIVE: CARMEN**

Saturday, January 27, 2024, 12:55pm

Essex Cinemas

English director Cracknell brings a vital new production of *Carmen*, reinvigorating the classic story with a staging that moves the action to the modern day.

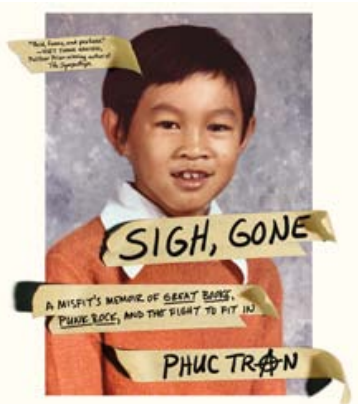
Senior tickets are \$24, purchased [here](#). Runtime: 3 hrs. 45 min.



• **SIGH, GONE: A MISFIT'S MEMOIR...** ♦ **ONLINE** ♦

Wednesday, January 31, 2024, 7:00pm–8:00pm

Vermont Humanities and Manchester Community Library



Author Phuc Tran will discuss his memoir and writing process. For anyone who has ever felt like they don't belong, *Sigh, Gone* shares an irreverent, funny, and moving tale of displacement and assimilation woven together with poignant themes from beloved works of classic literature.

Registration and information are [here](#).

INSPIRED BY NATURE

• THE 2024 COMMUNITY CHALLENGE ♦ ONLINE ♦

Who and what will define our communities in 2024? Bernie Paquette challenges us to think creatively about building community [here](#).

2024

• THE BUZZ ON RESPONSIBLE BEEKEEPING ♦ ONLINE ♦

Wednesday, January 3, 2024, 5:30pm–6:30pm

Audubon Vermont

The beekeeping boom in Vermont correlates with an increase in parasites in other captive honeybee hives—and also in our native bee populations. Register [here](#) to listen to expert panelists discuss this issue.



• WINTER TRACKING AT KRUSCH PRESERVE – WITH SOPHIE MAZOWITA

Sunday, January 7, 2024, 10:00am

Peter A. Krusch Nature Preserve, Cambridge

Tracks and signs reveal the activities of our wild neighbors through the winter woods. Email to register: events@kruschnaturepreserve.org



• PRESERVING ASH FOR THE FUTURE ♦ ONLINE ♦

Thursday, January 18, 2024, 12:00pm–1:00pm

Vermont Land Trust

Learn strategies that landowners, foresters, conservation organizations, and community leaders can employ to promote well-adapted forests that include ash in the future. Registration is [here](#).



• AN EVENING OF BIRD TALES ♦ ONLINE ♦

Thursday, February 1, 2024, 7:00pm–8:30pm

Missisquoi National Wildlife Refuge

This year's entertaining avian stories will come from members of the Green Mountain Audubon Society. Register [here](#).



HOLLY READS



THE BLACK DRESS

by Deborah Moggach

In her 70s with grown children and decades of marriage, Prudence is devastated when her husband leaves her for another woman. Then, while she thinks she is attending a friend's funeral, she realizes she is accidentally at the wrong funeral and doesn't know any attendees. However, Pru's spirits are lifted by the kindness of the strangers and the almost festive atmosphere at the funeral. This leads Pru to hatch a plan to find a new man.

Pru buys a black dress, reads the obituaries in the local newspaper, and begins attending the funerals of women who are complete strangers to meet their recently widowed husbands. Pru researches the lives of the deceased on social media so that she can present a plausible story of a past friendship with them. So begins the secret life of Pru—determined to find a man.



This is such a good read with a marvelous mixture of poignancy, grief, and dark humor. The writing is very visual. The characters are colorful and well-crafted. Pru is an excellent narrator, and the book reads as if she's talking directly to the reader. In this novel, there are moments of magic, of energy, instances of impending doom, several extremely tense situations, and some good jaw-dropping twists.

Holly's final thoughts: *"This is a very entertaining book that I highly recommend."*



Holly and her human Carol are MMV volunteers and love to read!



COOK'S CORNER

◆ SIMPLE, DELICIOUS CORN CHOWDER ◆

Contributed by MMV volunteer Lois Adams

INGREDIENTS

1/2 pound sliced bacon
1 cup chopped celery
1/2 cup chopped onion
2 cups peeled potatoes, diced
1 cup water
1 cup frozen corn
1 can (14-3/4 ounces) cream-style corn
1 can (12 ounces) evaporated milk
1/8 teaspoon pepper
1 teaspoon dried dill weed



DIRECTIONS

Step 1

In a large saucepan, cook the bacon until crisp. Remove to paper towels; crumble and set aside. Drain all but 2 tablespoons of the drippings.

Step 2

Sauté celery and onion in drippings until onion is lightly browned. Add potatoes and water. Cover and cook over medium heat for 10 minutes.

Step 3

Stir in corn, milk, dill, pepper, and bacon. Cook until the potatoes are tender, about 30 minutes. Add water as needed to thin the soup.

Yield: 4-6 servings (1-1/2 quarts)

SPECIAL SALUTE



"People who open their eyes in January for the first time are true legends. They are kings or queens of their lives, rich in thoughts yet kind by heart."



WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well	Hickok and Boardman
Ben & Jerry's Foundation	Jericho United Methodist Church
Cambridge Area Rotary	SecurShred
Central VT Council on Aging	The Harnisch Foundation
Community Bank N.A.	Union Bank, Jericho
Concept2, Morrisville	United Church of Underhill

Green Mountain Auxiliary #3210, Eagles
The Richard E. & Deborah L. Tarrant Foundation
Vermont Electric Cooperative, Inc.
Vermont Mutual Insurance Charitable Giving Fund



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, 2012, Workman Publishing. The answers are on **PAGE 18**.*

Golly Gee!

All of the two-word answers in this game begin with the initial G and G.

1. This San Francisco bridge is actually red.
2. Charlie Brown's favorite saying.
3. Her most famous movie line mirrored her reclusive lifestyle: "I vant to be alone!"
4. Term for a very fuel-inefficient car.
5. From the 1890s to the 1920s, these illustrated beauties, depicted with thin waists and hair piled high on their heads, personified the feminine ideal.
6. *Rhapsody in Blue* composer.
7. Your daughter's daughter's daughter.
8. You don't want this to get too near "E" when you're on a long drive.
9. In the 1960s and 1970s this phrase described the strained relationship between young people and their parents brought about by differences in values, tastes, and outlooks.
10. A young Japanese female who is trained as a professional singer, dancer, and companion for men.

What a Pair

Harvard and Yale, Thunder and Lightning, Coke and Pepsi are all common pairs...but what about *Wonder and Perrier*? If you redefine *Wonder and Perrier* correctly, you'll come up with the more familiar pairing *Bread and Water*. How many familiar pairs can you make from the clues below?

1. Scarlet hosiery...and Union soldiers
2. Steak or chicken...and Yukon golds
3. Sleeping furniture...and the morning meal
4. Flounder...and Fritos
5. Macintoshes...and navels
6. Garfield...and Mickey
7. Ivory...and Poland Spring
8. Cow juice...and bee juice
9. Upper limb...and nail-driving tool
10. Movie actors...and zebra pattern
11. Oscar Mayer strips...and free-range jumbo hen fruit
12. 6:00pm to 6:00am...and 6:00am to 6:00pm

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

Golly Gee!

Answers:

1. Golden Gate
2. Good Grief
3. Greta Garbo
4. Gas Guzzler
5. Gibson Girls
6. George Gershwin
7. Great Grandchild
(or Great Granddaughter)
8. Gas Gauge
9. Generation Gap
10. Geisha Girl

What a Pair

Answers:

1. Red Sox and Yankees
2. Meat and Potatoes
3. Bed and Breakfast
4. Fish and Chips
5. Apples and Oranges
6. Cat and Mouse
7. Soap and Water
8. Milk and Honey
9. Arm and Hammer
10. Stars and Stripes
11. Bacon and Eggs
12. Night and Day