

# NEWS YOU CAN USE



## Mount Mansfield Villages

### FEBRUARY 2024

February brings us [American Heart Month](#) and [National Cancer Prevention Month](#).

By the end of February, we will have an additional 1.25 hours of daylight. This month's full moon is called the [Snow Moon](#) and is at peak illumination on Saturday, Feb 24, at 7:30am.

Dates of note:

**Feb 11—**[Superbowl Sunday](#)

**Feb 13—**[Mardi Gras](#)

**Feb 14—**[Valentine's Day](#)

**Feb 19—**[Presidents' Day](#)

**Feb 29—**[Leap Day](#)

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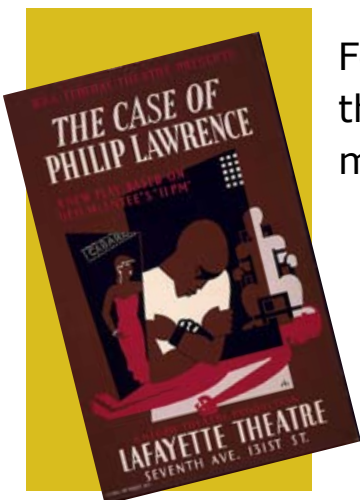
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A smattering of event options follow with a focus on free, relatively local, and in-person **unless noted**.

### ◆ BLACK HISTORY MONTH ◆

February is [Black History Month](#) when we acknowledge the extraordinary contributions the Black community has made throughout our country's history.

Black history is everyone's history. Check back at the [Association for the Study of African American Life and History website](#) for their virtual programming schedule to honor Black History Month. See [this website](#) for ideas to appreciate Black history this month and year-round.



## MEMBERS' MEMORANDUM



### ◆ PLAY BINGO WITH MMV ◆

**Thursday, February 15, 2024, 2:00pm–4:00pm**

Mt. Mansfield UU Fellowship building, 195 VT Route 15, Jericho



***Mount Mansfield Villages members and friends***, volunteers, and sponsors are invited to join MMV for an entertaining afternoon of Bingo, refreshments, and a little friendly competition—prizes, laughter, fun!

***Register by Friday, February 9 at [this link](#)*** or call Mount Mansfield Villages at 802-858-5381. Let us know if you need a ride.



## SHELBURNE MUSEUM

### ◆ FIGURE DRAWING FOR ALL ◆

Various Tuesdays, 12:00pm-1:00pm

◆ ONLINE ◆

***Practice your figure drawing skills*** in one or all of Shelburne Museum's free virtual figure drawing sessions.

Every session will have a unique focus and will include an analysis of selected artworks from Shelburne Museum's collection that demonstrate the session's focus, a brief instruction and demonstration period, a live clothed model doing short and long poses, and an optional sharing and reflection time at the close of the event.

Artists of all ages and abilities are welcome! Participants do not need to sign up for all sessions. Register at [this link](#).

Tuesday, **Jan 30** – Session 1: Gesture

Tuesday, **Feb 20** – Session 2: Proportion

Tuesday, **Mar 26** – Session 3: Value

Tuesday, **Apr 16** – Session 4: Details

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## ◆ MMV SERVICE REQUESTS ◆

***Mount Mansfield Villages can fulfill*** service requests seven days/week. We ask members to contact the MMV office by phone or email a week before needing a service. We can try to fill a last-minute doctor appointment request, but it is much more challenging.



Make a service request on the MMV website at [this link](#) OR call the office at 802-858-5381. We are happy to help!

## ◆ THINKING ABOUT GETTING A VACCINATION? ◆

**\$25 gift cards are being offered** by the Village to Village Network, our national Village association, and Mount Mansfield Villages to anyone (member and non-member alike) who receives a vaccine **between February 1 and April 30, 2024**. All vaccinations qualify, but the emphasis is on:



- COVID-19
- Influenza (Flu)
- Respiratory Syncytial Virus (RSV)
- Shingles
- Pneumococcal (Pneumonia)

The focus of this offer is for those 65+ years of age or those living with a disability, but any age can participate.

Fill out **THIS FORM** to receive your gift card.

If you don't have access to the online form, call the MMV office and *clearly* leave the following information:

- your name,
- mailing address,
- phone number (in case of a question),
- the type of vaccination you received,
- which gift card you would like—the \$25 Shaw's gift card or the \$25 Hannaford gift card.

You should receive your gift card in the mail from Mount Mansfield Villages within two weeks. First come, first served as long as supplies last. Only one gift card request per person.

MMV contact: [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com) or 802-858-5381

***MMV members—let us know if you need a ride*** to your vaccination appointment!



◆ ONLINE ◆

## ◆ UNIVERSAL CLASS ◆

***Universal Class is an online learning platform*** offering over 600 continuing education courses on a diverse array of topics, from office skills to algebra, baking to self-help, and landscaping to painting.

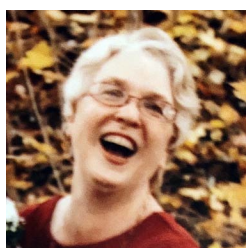
Though classes are not for college credit, they are led by a real instructor with whom you can communicate through the site. Courses allow you to proceed at your own pace, working on assignments anytime, day or night.

All Vermont public libraries and their patrons have access to Universal Class through the Department of Libraries. See [this link](#).

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## ◆ A FOND FAREWELL ◆

***We are sad to announce that one of our staff members***, Jen Bartlau, has resigned due to family challenges. We wish her a fond farewell!



Since joining us in June 2022, Jen has mastered the intricacies of the MMV system. Her high aptitude for technology, strong technical skills, commitment to accuracy and efficiency, thoroughness, and strong system-thinking skills have made her an extremely valuable asset to MMV.

Jen along with our other part-time staff person, Rebekah Tolle, have managed all the daily operations of the MMV system—such tasks as processing new members and volunteers, entering and monitoring service requests and payments, analyzing data, and much more.

We are very sorry to lose Jen and thank her for all her help. She promises to volunteer for MMV when she can—so we eagerly look forward to her participation in the future!

## AGING WELL–EVENTS

February is **American Heart Month**. Small heart-healthy actions like adding more movement to your day or choosing healthy foods can have a big impact on protecting yourself against heart disease.

- **MEMORABLE TIMES ONLINE: “WINTER JUKEBOX”** ♦ **ONLINE** ♦

**Wednesday, February 7, 2024, 10:30am–11:15am**

Central VT Council on Aging

Enjoy this dementia-friendly Zoom, sharing tunes and stories with our friends in Scotland. Contact for the Zoom link: [basen@cvcoa.org](mailto:basen@cvcoa.org) or 802-476-2681. More info is [here](#).



- **CAREGIVERS: COMMUNICATING WITH HEALTH CARE PROVIDERS IN THE OFFICE** ♦ **TELEPHONE LEARNING SESSION** ♦



**Monday, Feb 12, 2024, 1:00pm–2:00pm**

WellMed Charitable Foundation

The family caregiver will learn tools to make short office visits productive and build effective health provider partnerships. Register [here](#).

- **NORMAL VS NOT NORMAL: WHAT DOES NORMAL COGNITIVE AGING LOOK LIKE?** ♦ **ONLINE** ♦



**Friday, February 16, 2024, 1:30pm–3:00pm**

Dartmouth-Hitchcock Health, Aging Resource Center

Dr. Dax Volle will discuss expected cognitive changes, when it is considered pathologic or worrisome, and ways to address memory loss. Register [here](#).

- **PREPARING AND EATING MEALS FOR ONE** ♦ **ONLINE** ♦

**Wednesday, February 21, 2024, 2:00pm–3:00pm**

Dartmouth-Hitchcock Health, Aging Resource Center

Healthy alternatives to sit-down meals and solutions to removing mealtime barriers will be discussed. Register [here](#).



# AGING WELL–RESOURCES

- **AARP TAX-AIDE**

**Thursdays starting Feb 8, 2024, 9:00am**

AARP and Brownell Library, Essex Junction

AARP provides in-person tax preparation assistance for free, focusing on taxpayers who are over 50 or have low-to-moderate income. Please call 802-878-6955 in advance to book a 60-minute appointment. The schedule fills up quickly!



- **COMMUNITY MEDICAL SCHOOL ♦ ONLINE ♦**

UVM Larner College of Medicine/UVM Medical Ctr faculty

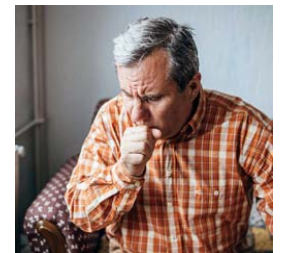
This public lecture series features relevant topics presented in an easy-to-understand manner for the greater community. View the archived lectures and presentations here.



- **HOW BAD IS MY COUGH? ♦ ONLINE ♦**

UVM HealthSource

Cold and flu season is an anxious time for many. Is that a regular old sneeze or something worse? Is that sore throat the beginning of a more serious illness? Garth Garrison, MD, a UVM pulmonologist, shares his expertise about respiratory infections here.



- **FUEL & FIREWOOD ASSISTANCE PROGRAMS**

The Warmth Support Program provides emergency disbursements to help families and individuals avert life-threatening heating crises. If you need fuel assistance, see this link or call 802-863-6248. If you would like to donate to this critical program, see this link.



If you need firewood fuel assistance, contact Wood4Good at this link or call Eric at 802-310-1949. To donate funds to this important community resource, use this link.

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# FOOD FIRST

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



**Friday, February 9, 2024, 11:30am–12:30pm**

Second Congregational Church, Jeffersonville

Join this monthly social and lunch gathering—the local elementary school children help serve and clear. A \$4 donation is suggested. More info is [here](#).

- **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.**



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

**Wed, Feb 14, 2024, 11:00am–12:00pm** (Register by **Fri 2/9**)

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

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

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

**Wed, Feb 28, 2024, 11:00am–12:00pm** (Register by **Fri 2/23**)

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

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

- **FOOD RESOURCES FOR ALL**

Vermont 2-1-1

No one should worry about having enough food! A list of current food programs and resources for all of us when we need them is [here](#).

- **FOOD FOR OLDER ADULTS:  
THE COMMODITY SUPPLEMENTAL FOOD PROGRAM**

Vermont Foodbank and CSFP

If you're 60 or older, you can save money on groceries and eat the nutritious, tasty foods you enjoy—spend your grocery money on the foods you love and VT Foodbank and CSFP will cover the staples. More information is [here](#).



# HODGEPODGE OF HAPPENINGS

- **VERMONT READS: MEET AN ASTRONOMER**

**Monday, February 5, 2024, 5:30pm–6:30pm**

Dorothy Alling Memorial Library ♦ **ONLINE** ♦



Astronomer Sethanne Howard specializes in black holes and galaxies, and her hobby is the history of women in science. Register [here](#).

- **EXPLORING MUSIC'S TIMELESS PASSION: VINYL RECORDS**

**Tuesday, February 6, 2024, 11:00am–11:30am** ♦ **ONLINE** ♦

AARP

Immerse yourself in the fascinating world of vinyl record collecting in this talk with a passionate collector and record shop owner. Register [here](#).



- **SULA PEACE: LESSONS IN FRIENDSHIP & UNCONDITIONAL LOVE**

**Wednesday, February 7, 2024, 7:00pm–8:00pm** ♦ **ONLINE** ♦

Vermont Humanities and Rutland Free Library

Professor Margaret Bass explores Toni Morrison's novel *Sula*—about two Black women from the same small town as they redefine their friendship in adulthood. Register [here](#).



- **WINTER CARNIVAL—UNDERHILL**

**Saturday, Feb 10–Sunday, Feb 11, 2024**

Sledding at Casey's Hill with hot cocoa and cookies, skating at Moore Park with music, and a ski race in Tomasi Meadow! Check [here](#) for more info.

- **GARDENING: TIPS FOR SEED STARTING AT HOME** ♦ **ONLINE** ♦

**Thursday, Feb 15, 2024, 12:00pm–1:30pm**

AARP Vermont and VT Community Garden Network

Learn about ideal light sources, growing mediums, watering techniques, tray size, planting calendars, fertilizing schedules, and more. Register [here](#).



## INSPIRED BY NATURE

- **GLACIERS & LAKES IN THE LAMOILLE RIVER VALLEY** ♦ **HYBRID** ♦

**Tuesday, February 13, 2024, 4:00pm–5:00pm**

Morrisville Centennial Library and Lamoille Neighbors

Stephen Wright, UVM Geologist, will discuss the effect that the mile-thick glacier of 25,000 years ago has had on Vermont's geology in the Lamoille region. Information and registration are [here](#)—then a Zoom link will be emailed to you.



- **MOSESSES & LICHENS: A WINTER WONDERLAND** ♦ **ONLINE** ♦

**Friday, February 16, 2024, 12:00pm–1:00pm**

Vermont Land Trust

Winter is a perfect time to take a closer look at these small organisms. Join this webinar and learn with ecologist Liz Thompson. Register [here](#).

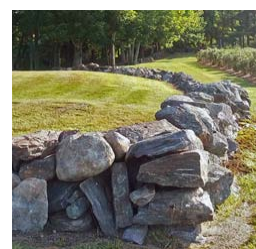


- **STONE WALLS: LINKS TO HUMAN & WOODLAND ECOLOGY**

**Tuesday, February 27, 2024, 12:00pm–1:00pm** ♦ **ONLINE** ♦

VT Coverts–Woodlands for Wildlife

Professor of Geology [Robert Thorson](#) will share a short slide presentation on the human ecology and woodland habitat of stone walls, followed by an invitation to hear your stories. Register [here](#). More info is [here](#).



- **CONSERVATIONS DISTRICTS:**

### **ANNUAL BARE-ROOT TREE AND SHRUB SALE**

Bare-root shrubs and trees are an inexpensive and physically-easier way to bring greater diversity to your property—for your enjoyment as well as food for wildlife. Conservation districts offer native trees and shrubs—even berry/fruit—for preorder in winter with a pick-up in April or May. Orders are first come, first served.



[Franklin County NRCD](#)

[Lamoille County CD](#)

[Winooski NRCD](#)

## SENIORLY TOPICS

### ◆ HOUSING GRIDLOCK ◆

***Aging Vermont homeowners who can't find alternate housing*** are part of Vermont's real estate "gridlock," according to Seven Days in [this 2022 article](#), Part 10 of their "Locked Out" series.



Intending to downsize, Stanley Kimball signed a contract to sell his home to a young couple. But he ended up breaking the contract when he couldn't find a one-bedroom, single-level apartment that was affordable on a senior's fixed-income budget.

Ben Durant, a senior real estate specialist who helps older Vermonters transition into senior communities, writes in the article:

*"I call it 'gridlock.' There's this large block of people that don't have anywhere to go, and we wonder why there's not enough housing."*

Vermont's senior population is growing rapidly, and we aging homeowners are discovering it is very difficult to find housing that suits our needs, whether it's an affordable apartment or a condo without stairs or a room in an assisted-living community.

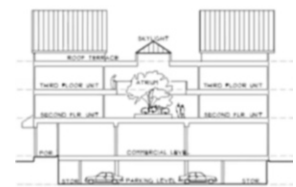
The Seven Days article notes that at least 200 of the 1,000 people on Cathedral Square's waiting list for senior housing are currently homeowners in Chittenden County. If these people could get into senior housing, it would free up their single-family homes.

Senior housing aside, options are also very limited for single-level homes or units that could better accommodate aging in place.

A further consideration is that we seniors would like to remain in the communities where we've spent the majority of our lives and where we have a long-standing social network and comfortable, familiar services and public spaces.

In May 2023, Wisdom House, a local group interested in senior housing, gave [a presentation](#) at the Jericho Affordable Housing Committee meeting—supporting the idea of senior housing in the Riverside/Underhill Flats Village Center. They envision a vibrant senior housing community as part of the future development in Sawmill Village.

They have engaged an architect and are doing the difficult work of trying to balance design amenities with cost—with the intent that the majority of the housing be affordable to middle-income seniors. No easy task!



To date, the proposed plan has 50 senior housing units (60% condominiums; 40% bungalows). The modest-sized condominiums would be housed in the Wisdom House structure that hopes to include underground parking, indoor green spaces, and common program rooms. To make the living experience more multi-generational and diverse, ideas could include interspersing rental units among the condos and smaller condo units designated as "affordable."



Rendering above by Kevin Ruelle



The Wisdom House concept is an exciting possibility for us seniors in Jericho and Underhill to continue to live in our town and contribute to and enjoy the community experience in the many ways we currently do—and at the same time, free up housing stock in the area for younger families.



To keep abreast of Jericho's efforts relative to affordable housing, you can register to receive the Jericho Affordable Housing Committee updates [here](#).

View the Jericho Community Development Corp. website and projects [here](#).

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## COOK'S CORNER

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### ◆ WARM ORANGE PUDDING CAKE ◆

Contributed by MMV volunteer Dorsey Naylor



#### INGREDIENTS (room temperature)

|                            |               |
|----------------------------|---------------|
| 2 eggs, separated          | 1 cup sugar   |
| 1/4 cup fresh orange juice | 1/2 cup flour |
| 3 tsp orange zest          | 1/4 tsp salt  |
| 2/3 cup milk               |               |
| 1 tsp vanilla extract      |               |

#### DIRECTIONS

##### Step 1

Preheat the oven to 350°.

Place a 9-inch cake pan, filled with about 3/4 inch of water, into the oven. Grease a 1-quart (4-cup) soufflé dish and set aside.

##### Step 2

In a large bowl, whisk together sugar, flour, and salt. Add in egg yolks, orange juice, orange zest, milk, and vanilla, and whisk thoroughly.

##### Step 3

In a medium bowl, beat egg whites to soft peaks. Fold egg whites gently into the orange mixture, until well combined. Pour the mixture into the prepared soufflé dish and gently place in the water bath.

#### Step 4

Bake for 45-50 minutes, until the cake is puffed, golden, and has begun to pull away from the sides of the dish.

Serve warm with a dusting of powdered sugar. No need for frosting as it makes its own topping!

Serves 4

#### Cook's Note:

*"Warm desserts are especially welcome and satisfying on cold winter nights. As this dessert cooks, it separates into a souffle-like layer on the top and pudding on the bottom. While it's not magic, it certainly looks and tastes like it. Enjoy!"*



#### Baking Tips:

##### **Why use room-temperature ingredients?**

Room-temperature ingredients help to produce light, tender baked goods. The ingredients will come together more smoothly and with a lump-free batter. Room-temperature egg whites beat up fluffier. Using cold ingredients could deflate the stiff egg whites or solidify the butter.

##### **Why is a Pudding Cake baked in a Water Bath?**

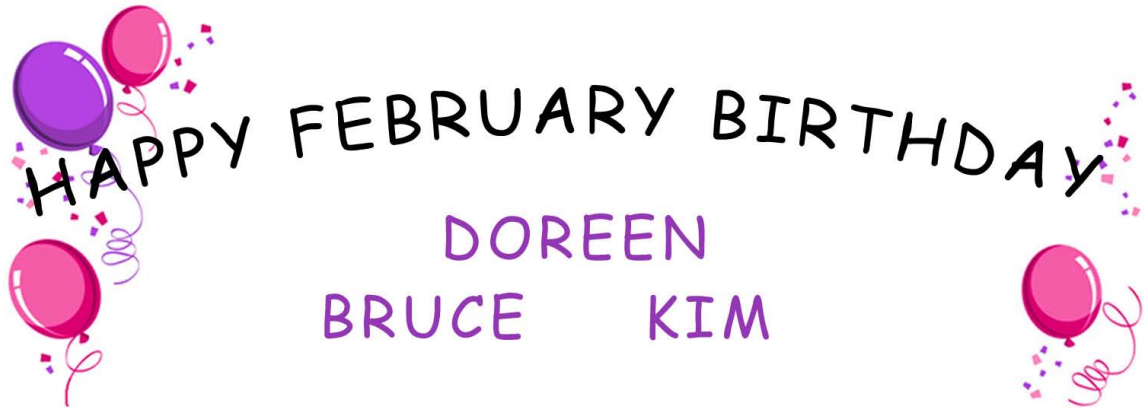
The water bath (also called a **bain marie**) regulates the temperature and keeps the cake baking at a gentle temperature so the custard, or pudding, can form—without overcooking and becoming rubbery. At the same time, it helps the cake rise high above the pudding layer.



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## SPECIAL SALUTE

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*"The February sunshine steeps your boughs and tints  
the buds and swells the leaves within."*

~ William Cullen Bryant



### 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](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).

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

### *Rhymin' Geography*

Each question has clues to two different geographical places that rhyme, such as *Bali and Mali* or *Taos and Laos*.

1. U.S. state that is home to Portland and Kennebunk; and the country where you'll find Madrid and Barcelona.
2. U.S. state that is home to Lincoln and Omaha; and the U.S. state that is home to Juneau and Fairbanks.
3. The capital of Texas; and the capital of Massachusetts.
4. Largest city in New Mexico; and the country where you'll find the cities of Ankara and Istanbul.
5. Battlefield where Napoleon was defeated; and the Michigan City where Glenn Miller "had a girl."
6. The "Tac" in Washington's Sea-Tac airport; and the U.S. state that is home to the cities of Enid and Tulsa.
7. A huge, frigid, sparsely populated region of Russia; and the African country settled by American slaves.
8. The capital of Italy; and the Alaskan city that marks the end of the Iditarod sled dog race.
9. The land of 10,000 lakes; and a Florida City on the Gulf of Mexico located between Venice and Bradenton.
10. A major tourist center and leading resort on the French Riviera; and the nation that gave birth to democracy and the Olympics.

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

## *Rhyming Geography*

### *Answers:*

1. Maine and Spain
2. Nebraska and Alaska
3. Austin and Boston
4. Albuquerque and Turkey
5. Waterloo and Kalamazoo
6. Tacoma and Oklahoma
7. Siberia and Liberia
8. Rome and Nome
9. Minnesota and Sarasota
10. Nice and Greece

The image on page 19 is from *Follow Your Dreams—Artist's Coloring Book* by Peter Pauper Press, 2016.

