



Mount Mansfield Villages

MMV News You Can Use

9/2/19

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 and others that you might find interesting. Please request a ride if you need one.

- **End of Life Doula Presentation**

September 12, 2019

6:00 - 8:00 PM

Varnum Library (194 Main Street, 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.

- **Powerful Tools for Caregivers**

Mondays, September 16 - October 21, 2019

2:00 - 4:00 PM

Family Practice Associates Medical Office (272 North Main Street, Cambridge)

Sponsored by the Central Vermont Council on Aging

This is a 6-week course providing participants with the tools to

care for their own needs, even as they care for others. The series will equip family caregivers with the resources needed to reduce stress, foster self-confidence, improve communication, and make challenging decisions. Interactive lessons, discussions, and brainstorming will help participants take the tools they choose and put them into action for their lives. Action planning emphasizing self-care is a major focus of the program. For more information or to register, call Christine Melicharek, Central Vermont Council on Aging Case Manager in Morrisville, 802-888-1393.

- **Medicare and You Workshop**

September 18, 2019

5:30 - 7:30 PM

Family Practice Associates Medical Office (272 North Main Street, Cambridge)

Sponsored by the Central Vermont Council on Aging

This workshop will provide information, counseling, and assistance to all Medicare-eligible persons under the auspices of the State Health Insurance & Assistance Program or "SHIP." For more information or to register, call Christine Melicharek, Central Vermont Council on Aging Case Manager in Morrisville, 802-888-1393.

- **National Falls Prevention Awareness Day**

September 23, 2019

The National Council on Aging suggests 6 steps to prevent a fall.

1. 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.
2. Ask your health care provider to assess your risk of falling.
3. Regularly review your medications with your doctor or pharmacist to make sure side effects aren't increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses.
5. Keep your home safe. Download a *Home Fall Prevention Checklist* from

https://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.

6. Talk to your family members and enlist their support in taking simple steps to stay safe.

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**