



Mount Mansfield Villages

MMV News You Can Use

February 27, 2020

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:

- **Alzheimer's Evaluation & Treatment with Nestor H Praderio, MD**
Tuesday, March 3, 2020
11:00 AM
Caregiver Teleconnection (Online)

Alzheimer's Disease is the most widely recognized type of dementia and currently there is no cure. Nestor H. Praderio, MD will review the evaluation process for diagnosing Alzheimer's Disease and explain symptoms and stages. He will also outline current treatment options including medication management and strategies for addressing the associated behavioral issues of the disease.

To register, please call 866-390-6491 or visit

www.caregiverteleconnection.org.

- **Understanding Medication Safety series with Lucy Barylak, MSW**
Thursday, March 5, 12, and 19, 2020
11:00 AM
Caregiver Teleconnection (Online)

Join us for a three-part series highlighting how to take important steps to safely manage your medications. Some of the topics that will be discussed are: how to recognize potential drug interactions, safe storage of your medications, questions you need to ask while you are in the hospital, and the important role your pharmacist has in keeping you safe. A workbook will be provided to go along with this series.

To register, please call 866-390-6491 or visit
www.caregiverteleconnection.org.

- **Medicare and Social Security Scams with Melinda Gardner**
Monday, March 9, 2020
1:00 PM
Caregiver Teleconnection (Online)

Learn how to identify Medicare and Social Security scams and what to do about them. **Sponsored by the North Central Texas Caregiver Teleconnection**

To register, please call 866-390-6491 or visit
www.caregiverteleconnection.org.

- **The Biggest Thing in the World--A Report from the Front Lines of the Climate Fight**
Thursday, March 12, 2020
6:00 PM
Green Mountain Technology and Career Center at Lamoille Union High School (738 VT 15)

"Save the date! Hear world-renowned environmentalist and Vermont resident Bill McKibben speak on Thursday, March 12th at the Green

Mountain Technology and Career Center at Lamoille Union High School at 6.00 pm.

His subject is nothing less than *The Biggest Thing in the World - a Report from the Front Lines of the Climate Fight*. Bill is considered a leading voice about the impact of global warming. His latest book, *Falter*, published in 2019, is concerned not only with the climate crisis but also with artificial intelligence and robotics. He is a Schumann Distinguished Scholar in Environmental Studies at Middlebury College.

Bill has been publishing books on climate change for thirty years and is a leading activist trying to combat it. His organization, 350.org, has organized demonstrations in every country on the globe except North Korea. In 2017, he published a novel of resistance, *Radio Free Vermont*.

The event is free and is being co-sponsored by Lamoille Neighbors and the Lanpher Memorial Library. (Donations to Lamoille Neighbors will be accepted.)

This is your chance to hear an engaging speaker on an immensely important topic. Come join us!"

- **The Dementia Dialogues: Tips and Tricks to Reduce Caregiver Stress with Tam Cummings, PhD**

Tuesday, March 17, 2020

12:00 PM

Caregiver Teleconnection (Online)

Ten Practical Caregiver Stress Exercises. These are easily doable techniques that immediately reduce physical and emotional stress in family and professional caregivers. These tips and tricks take anywhere from 30 seconds to 1 hour to do.

To register, please call 866-390-6491 or visit www.caregiverteleconnection.org.

- **A presentation on Grief with Bill Moyer**

Thursday, March 26, 2020

2:00 PM

Caregiver Teleconnection (Online)

This presentation will help bring a clearer understanding of grief and offer suggestions to help those who are grieving.

To register, please call 866-390-6491 or visit

www.caregiverteleconnection.org.

- **2020 Gerontology Symposium: Caregiving for Persons Living with Dementia and Their Caregivers**

Thursday, April 16, 2020

8:00 AM - 4:00 PM

UVM Center on Aging (Hilton Hotel, 60 Battery St., Burlington)

Who Should Attend? Professionals and Caregivers.

The conference is designed to present topics and information relevant for both family and professional caregivers who work with our population of older adults. This is the third year that the conference will be open to family caregivers and will include two different tracks for "breakout" sessions:

- Family Caregiver Track
- Professional Track

Participants will also come together in plenary sessions that include all attendees, such as the keynote, a talk on research, and a panel on the innovative CARERS (Coaching, Advocacy, Respite, Education, Relationship, and Simulation) program for family caregivers presented by The Memory Program at UVM Medical Center, in partnership with the UVM Center on Aging.

To register or for more information, see

www.med.uvm.edu/centeronaging/symposia/symposium_2020.

Items of General Interest:

- **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!

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**