

Elderly Services

Supporting Elders and Families since 1981

Middlebury, Vermont ♦ 802-388-3983 ♦ www.elderlyservices.org ♦ Spring 2014

Is Your Elderly Loved One Lonely? Time to Connect and *Enjoy Life*

“Enjoy Life!”

says our ad every week in the local newspaper. If you or your loved one are lonely, bored or blue- please call one of our social workers at 388-3983.

Has illness or advanced age got you homebound or diminished your social life? Our later years bring sadness and loss aplenty. It's important to balance these with a strong dose of pleasure, fun, and affection!

Children have the social structure of school. Adults have jobs and a workplace community. Elders need a structured week too— a place where you are expected, you belong, and you enjoy yourself.

Project Independence is open six days a week— here to welcome you. Getting out is good for you!



*Interested in good food, good music, fun activities and connection?
Call Elderly Services at 388-3983 and ask for Joanne, Pat, Nancy or Judy.*



Elderly Services is a non-profit agency dedicated to promoting high quality of life for elders and to supporting elders in their efforts to live in their own homes despite frailty, chronic illness or disability.

We can offer you...

- ◆ Project Independence
Adult Day Care Center
- ◆ Eldercare Counseling
- ◆ Eldercare Information &
Consultation for Family Members
- ◆ Geriatric Needs Evaluation
- ◆ Geriatric Mental Health Counseling
- ◆ Long Distance Caregiving support—
out of state resources
- ◆ ESI College Lifelong Learning Program—
educational courses for
independent elders
- ◆ Family Caregiver Support Groups
- ◆ Aging Education Programs
- ◆ Volunteer opportunities

Food is Part of the Fun!

Walk into Project Independence and the first thing you notice is the smell of home cooking. Fresh rolls. Berry Berry Crisp. Salmon with a maple glaze.

Our cooks come up with menus that feature a delicious variety of fruits and vegetables, nuts, legumes, whole grains and healthy protein, with recipes made from scratch in our own kitchen. We know it's good for our bodies and minds, and we love food!



According to *Alzheimer's Disease International*, nutrition can influence our risk of developing dementia, and our chances of living well with dementia if we develop the disease. Food can be good medicine. Their latest report on "Nutrition and Dementia" says that especially eating berries and consuming nuts and healthy oils show a protective effect.

Maintaining an adequate diet can be challenging for anyone. At Project Independence good food is part of our mission, and part of the fun!

What's your favorite food at Project:

Linda—Chocolate anything!

Audrey—The quiches. They're delicious!

Molly R & Jeff—Lemon Lulu!

Molly M—The salads!

Molly C—Sweet potato & quinoa salad & chocolate bread pudding!

Eric—Home-made chocolate pudding!

Ken—Everything! I love the food here!

Margaret—Black bean avocado salad!

Denise—Salmon moutarde!

Jack—I love it all, especially ice cream!

Marion—Black Forest cake!

Sandy—Dessert!

John—Vietnamese steak soup!

Kristin—Vegetarian chili!

Geetha—Israeli Quiche!

Marilla—Everything is so good!

Nancy—Mud Pie, of course!



Today's Menu

Spinach ricotta pie
Black bean and avocado salad
Asparagus
Pesto Rolls
Angel food cake
with strawberries

Vegetarian chili
Fresh green beans
Cottage cheese
Home made rolls
with peanut butter
Peach mango compote

Meatloaf
Sandy's potato salad
Spinach
Whole wheat rolls
Triple chocolate cake

Maple glazed salmon
Mashed potatoes with chives
Dilled carrots
Whole wheat roll
Berry berry crisp

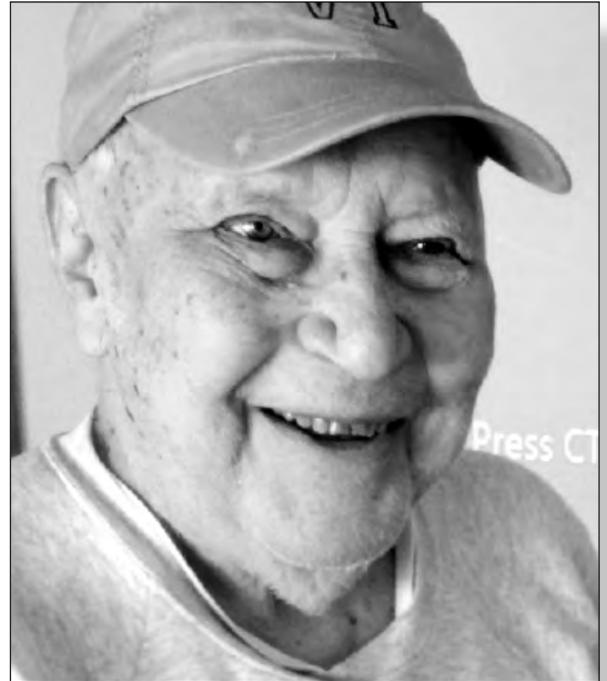
Exploring New Interest

One Student's Story

John Wesley hadn't been in a classroom with his wife, Margaret, since they met in chemistry class at UVM. "I was there on the GI Bill. After we graduated she was planning to go to a stewardess training program in Chicago. I borrowed five dollars from a friend to go down to see her in Boston, and said, 'if you go to Chicago, we'll never see each other again!' I asked her to marry me and come back to Vermont." They got married right after college.

"We never had another class together until we took a course on 'Jane Eyre' at ESI College. We really enjoyed that! It was so much fun to take a class with my wife, and I love learning about things I missed out on in school – exploring things that I never got the chance to study."

Originally from the Northeast Kingdom, John taught high school physics, math, chemistry and eventually computer science for 31 years, 27 of those at Middlebury Union High School. This spring he took an ESI College course from Professor Roger Russi about folk and fairy tales. "That's another good example of getting into something I didn't know much about. Professor Russi is a fantastic story teller! I really enjoyed it."



"It was so much fun to take a class with my wife, and I love learning about things I missed out on in school – exploring things that I never got the chance to study."

Take a class at ESI College this summer!

June-August 2014

Help us spread the word by telling folks you know that a really fun learning experience awaits them at ESI College.

Call 388-3983 or e-mail: mail@elderservices.org

Our Next Semester starts in June 2014

Gift certificates available

Call today for a brochure (802) 388-3983





Elderly Services, Inc

112 Exchange Street
P.O. Box 581
Middlebury, VT 05753

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Concerned About an Elderly Relative?

Come to Elderly Services, Inc.

INFORMATIONAL OPEN HOUSE



*Eldercare consultations ♦ Information on caregiving
Answers to questions about aging
Tours for prospective participants*

**Friday, May 23, 2014
10:30 a.m to 1:30 p.m.**

***Come alone or bring your
elderly relative with you.***

Geriatric Social Workers Pat Carpenter, Nancy Conant,
Judy English and Joanne Corbett
provide local and long distance eldercare consultation.

Harry & Jeanette Weinberg Center for Elderly Services

112 Exchange Street, Middlebury 388-3983 ♦ Call Jeff for more information