

Elderly Services

Supporting Elders and Families since 1981

Middlebury, Vermont ♦ 802-388-3983 ♦ www.elderlyservices.org ♦ Spring 2015

ELDERLY SERVICES

Questions About Aging?

We'd like to help!

- ❖ *What is normal in aging?*
- ❖ *How do we prepare for the future?*
- ❖ *What services are available for my parent?*

"It's a good feeling knowing we can turn to Elderly Services when we need help," agree Anita and Bob Duclos.

Every family has aging family members, living longer today than ever before. You may have your own questions relating to growing old. You may be an adult child wondering whether to intervene to help your parents.

Our counselors can listen to your unique story and help you decide what you need.

Call Elderly Services at 388-3983. We are here to help.



Anita and Bob Duclos with Social Worker/Director Joanne Corbett.

Good food, good music, fun activities and connection.

Call Elderly Services at 388-3983 to find out more.



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*

Beautiful Space Key To Our Success!

What's your favorite space?

- ❖ Ken, "The front porch! I get to talk with friends and see what's going on outside."
- ❖ Cecilia, "The garden! The plants are beautiful and close enough for everyone to touch and smell."
- ❖ Margaret, "The Great Room with the fire going. It's so cozy when it's cold outside."
- ❖ Cliff, "The dining room. I love the food!"
- ❖ Alice, "The sunroom. I can watch birds on the pond and chat with friends. I love that!"



ELDERLY SERVICES' THERAPEUTIC DESIGN

Why does having our space be home-like and beautiful matter to us? According to Anjali Joseph, PhD of the Center for Health Design, the design of a physical environment impacts participants and staff, and contributes to a better quality of life.

In a review of research on therapeutic design, Kristen Day, PhD found that "homelike ambience is associated with improved intellectual and emotional well-being, enhanced social interaction, reduced agitation, greater preference and pleasure" and family-style dining is linked to increased social interaction and improved eating.

She suggests for therapeutic effect:

- ♥ Non-institutional design
(our home-like setting)
- ♥ Higher light levels and exposure to bright light
(our sunny, well-lit space)
- ♥ Outdoor areas with therapeutic design features
(our gardens and walking paths)
- ♥ Moderate levels of environmental stimulation
(our cozy spaces and quiet rooms)

Language Teacher Goes Back to School

ESI College student Hildgund Schaefer was very excited about signing up for the ESI College course Visions of France in Fiction and Film. In the course students examined and discussed several popular French short stories and films that engaged the question of what it means to be French.

"Taking this class was like heaven on earth for me. After teaching for years myself, I really appreciated the high quality of instruction. It's so much fun to be in the classroom and speaking French again! I loved it!

The course was designed for French speakers who wanted to improve their skills through active discussion in class. Instructor Charles Nunley is Professor of French at Middlebury College, where he has taught French language and literature since 1988.



Take a Class at ESI College This Summer! *July-August 2015*

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@elderlyservices.org

Our Next Semester starts in July 2015
Gift certificates available





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 22, 2015
10:30 a.m to 1:30 p.m.**

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

Local and long distance eldercare consultation.

Harry & Jeanette Weinberg Center for Elderly Services

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