

Elderly Services

Supporting Elders and Families since 1981

Middlebury, Vermont ♦ 802-388-3983 ♦ www.elderlyservices.org ♦ Winter 2016



Enjoy Life! with Elderly Services in 2017

*Make joy and friendship your
New Year's Resolution!*

"You'll find me here Monday through Friday in 2017. Project means so much to me. The staff are my friends. The food is delicious. This is my home away from home."

— Margaret Hutchins



We can offer you...

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

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.

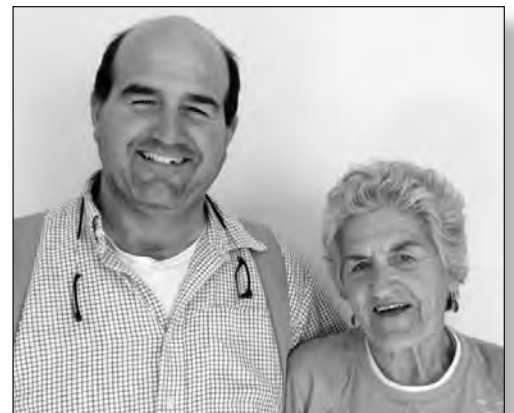


"You've taken such good care of my husband for five years now. You allow me to keep my job and to get some rest. And my husband has a happy day."

— Joan Pantton

"My mother is safe and happy here while I get my work done during the day. Project is great for both of us!"

— Craig Burnham
with his mother Hilda



Project Independence 2016

Getting Out is Good for You!



Cider making at *Windfall Orchard*. Tea and cookies at *La Tourterelle*. Watching a Zamboni at work. Visiting new lambs at the *Doolittle Farm*. Addison County is chock full of interesting people to meet and places to see. And we take getting out seriously at Project Independence. Our planners reach out to farms and businesses in the county to put together an exciting menu of field trips every month of the year – up to 28 a month! Our handicapped accessible vans make it possible for anyone to take part.

Taking a trip around the neighborhood is fun.

To find out about joining Project Independence, call Elderly Services at 388-3983

Getting Out & Being Social Helps You Feel Better

According to researchers at the University of Chicago, getting out and spending time with others is as important for your overall health as your doctor's report:

"New research suggests factors such as loneliness play a role in the well-being of older adults. In fact, layering on that information on loneliness better predicts whether a senior's next five years will be fairly robust or whether they're at higher risk for death or disability."

***Come join us soon!
Project Independence could make
you happier and healthier.***



Project Independence 2016

Why stay home alone?



Come to Project Independence and feel alive again! Aging can be difficult both physically and emotionally. Here at Elderly Services we specialize in giving affection, having fun, and helping older people enjoy life.

**Call us at 388-3983
and we'll tell you more.**

Project Independence Elderly Services 2016 Snapshot

- ◆ Provided 115,083 hours of adult day care, continuing as Vermont's largest center.
- ◆ Marked 11 years for ESI College lifelong learning classes with 673 registrations in 2016.
- ◆ Counseled long distance family members from Utah to Maine concerned about Addison County elderly relatives.
- ◆ Continued \$1 million Eldercare Excellence Major Gifts Campaign to mark our 35th Anniversary and raise needed capital funds.
- ◆ Managed \$2.2 million operating budget.



"Project Independence gets me out of my apartment where I was sitting all day in my recliner. I'm glad to get out to see the country and I like to ride. I just love all staff members, volunteers and van drivers. All of you are friendly and sociable and concerned about the well-being of all of us who attend. I'm glad I know all of you. You are good friends."

ESI College 2016

What ESI College means to me

An interview with author and ESI College Instructor and student Carol Milkuhn:

I heard about ESI College from my neighbors at The Residence at Otter Creek. I like taking classes with seniors; their maturity and perception add so much to class discussions.



I find myself thinking about the ideas presented long after the courses have ended.

I also enjoyed teaching my fall course, "Divorced, Beheaded, Died," about the wives of Henry VIII and their relevance to modern culture.

I think it's important to keep challenging my mind.

One of the gifts of retirement is time – and time gives us the chance to explore interests. In my case, creative writing has given purpose to retirement. Finding a publisher for my novel, A Tapestry of Queens, and then for my poetry chapbook, In the Company of Queens, has been a dream come true.



A retired English teacher, Carol Milkuhn holds a Masters Degree from the University of Michigan and has studied at the University of Edinburgh in Scotland. She lives in Vermont.



Take a Class at ESI College This Winter

January–March 2017

"We work hard to put together a broad range of interesting courses. Thank you, students, for your enthusiastic response!" – ESI College Coordinator Kristin Bolton

Our next semester starts in January 2017.

Gift certificates available!

Call today for a brochure 802-388-3983

Elderly Services 2016



Pictured above are 24 of our 82 employees, gathered to convey a big Thank You to you, our supporters. For 36 years you have helped us offer award-winning programs for elderly individuals and their families. With you as donors and volunteers, we embrace aging and surround elders with comfort, beauty, and fun. Thank you and Happy 2017!

Joanne Corbett
Executive Director

“I love coming here. I love the activities and people.”



Do you want to honor someone dear to you, and help us with our work?

To make a contribution to Elderly Services' Annual Scholarship Fund in honor or memory of a loved one, mail your contribution in the attached envelope to

ESI, PO Box 581
Middlebury, VT 05753
or call us at (802) 388-3983.

Elderly Services 2016

Partner with Families for 36 Years

Barb and Wes Sawyer moved to Middlebury in 2016 from Rutland County to be closer to their children. "It's a good place to come here – to Elderly Services," says Wes. "The food is good, the people are friendly, and I get to be near my daughter who works here too."

"I like knowing Wes is safe and has good company while I go shopping," adds Barb. "The staff have all been helpful to both of us."



Wes & Barb Sawyer at Project Independence



Alta Fageley with her son Warren

Alta Fageley is happy to belong to Project Independence. "We live in a very rural area," says Alta Fageley. "I like to be with people. My son needs time for himself. At Project, I get to visit with friends, and my son can do his own work and knows I am taken care of. It's great for both of us. Thank you Project!"

If you are helping an elderly relative, we'd love to help you. Give our eldercare counselors a call at 802-388-3983.



Elderly Services, Inc

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

Non-Profit Org.
U.S. Postage
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Middlebury, VT

Address Service Requested



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*

**Wednesday, January 11, 2017
1:30-4:30 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

Call Dana for more information, 388-3983