

Elderly Services

Supporting Elders and Families since 1981

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



Enjoy Life!

with Elderly Services in 2015
Make us your New Year's Resolution!

Take a break from caregiving!

Help your elderly loved one find new joy and community.

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—educational courses for independent adults over sixty
- ❖ 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'll find me leading the Friday Poker Game here in 2015. We're loving it!"

— Sue Sparks



"At 95 I'm happy to be meeting new people and my daughter feels better when I'm active too. You'll be seeing me on Monday, Tuesday and Wednesday in 2015!"

— Bob Lynch

"As an out of state son, you bring me peace of mind. My family will definitely be with Project in 2015. Where would we be without you?"

— Marty DeWitt



Project Independence 2014



Carolyn Goss and Paige Keren know that connecting with people is good for all of us.

Getting Out Is Good for You!

Please don't sit at home by yourself all day. Seeing people and feeling connected to a community will help you feel better.

At Project Independence we put extra effort into making you feel welcome and part of our group. We make sure you have a planned seat. We help you choose whether you want to play pool, discuss history, sing Nat King Cole tunes or enjoy a visit from family.

Getting out is good for you! That's one of our slogans. To get a new lease on life, call Elderly Services at 388-3983 and ask for Connie Leach.

Don't Give In to Isolation!

Dr. Dean Ornish

"The real epidemic isn't just heart disease or diabetes. It's loneliness, depression and isolation. Thousands of studies show that people who are lonely and isolated are 3-10 times more likely to get sick and die prematurely, because they don't have a sense of love, connection, and community"

— Spirituality and Health, October 2014



Project Independence 2014



Sue Ryan, Rodger Hamilton, and Tom Christiano lead us in singing many styles of music.

"I don't sing because I'm happy. I'm happy because I sing."

— William James

Music is an important theme on our activity calendar, especially singing. Why do we love to sing so much at Project Independence? According to studies, singing:

- reduces stress,
 - improves mood,
 - lowers blood pressure
- ...and it's fun!*



"Singing Anne Murray Favorites" led by Pam Barrows attracts fans like Diana Parks.



2013-2014 Annual Budget \$2,130,500

2013-2014 Revenue Sources and Percent

13 %	Private Pay Fees
1 %	Vermont Department of Aging
52 %	Medicaid Programs
12 %	Moderate Needs Choices for Care
7 %	Fundraising and Town Grants
1 %	United Way
5 %	Veterans Administration
3 %	Adult Care Food Program
6 %	Other
<hr/> 100%	

Project Independence 2014 At a Glance

- ◆ Served 189 participants at Project Independence Adult Day Center representing nearly every town in Addison County
- ◆ Provided 12,635 hours of care at Project Independence
- ◆ Provided respite and peace of mind to over 300 family caregivers
- ◆ Offered full 12 hour day of care five days a week, 7 hour day Saturdays
- ◆ Our van drivers gave 38,752 rides to and from home in 2014
- ◆ We served 37,135 delicious meals in 2014
- ◆ Social Workers provided over 3,000 hours of eldercare counseling
- ◆ Provided nursing, transportation, meals, therapeutic activities, entertainment and social work in a safe and caring environment
- ◆ Enjoyed working with 124 wonderful volunteers each month
- ◆ Caregivers agreed that Project Independence earned a Grade "A" for *gives me time for myself.*
- ◆ Participants overwhelmingly praised our staff for treating them with courtesy and respect.

ESI College 2014

Teaching Students with Life Experience

Instructor Jeremy Ward's extensive studies in genetics prepared him for teaching *Ancestry, Genes, and Human Evolution*, a class offered this fall at ESI College about the evolutionary journey from our pre-human ancestors to modern humans.



He loves teaching students with broad life experience. "When I posed the question, *What makes us human?* Someone raised their hand and said, 'Humans are the

only creatures who wage war for ideas.' This is clearly something the questioner had thought about for some time."

"The students here come with a vast life experience. They are comparing what they learn in class to their own knowledge of things and seeing how those two line up."

"At Middlebury College, where I normally teach, you never know who you might have in your class. Here I was thrilled to see Dr. Karl Diller, a renowned linguist who went on to get a degree in human genetics, as one of my students! This has been a very rich experience."

Jeremy is a broadly trained molecular geneticist and professor at Middlebury College. He earned his Ph.D. in cancer biology from Memorial Sloan Kettering Institute where he studied the molecular cause of leukemia. Thank you, Jeremy, for an amazing class!



ESI College student Karl Diller with Professor Jeremy Ward

I love the way the professor makes the material interesting—brings it down to earth and involves us and our histories. My husband and I are both loving it!



—ESI College student Margaret Wesley

Take a Class at ESI College This Winter

January–March 2015

Help us spread the word by telling folks you know that a really engaging learning experience awaits them at ESI College. Call 388-3983 for a brochure or e-mail: office@elderlyservices.org

Our next semester starts in January 2015.

Gift certificates available!

Call today for a brochure 802-388-3983

Elderly Services 2014



Polly Connors, 86, attends Project Independence six days a week. Recently she told me, "Project makes me happy to be alive. I feel like you people make all of us feel loved and welcome."

As 2014 ends, we want to tell you, our community members, how grateful we are to you.

You may be one of our 300 volunteers- thank you for enriching our program. If you are one of our 500 donors, I so appreciate the excellence your gift makes possible.

To all of you who contributed time or financial help, Happy New Year and a loving *Thank You!*

Joanne Corbett
Executive Director

"You people make all of us feel loved and welcome."!



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 2014

Partner with Families for 34 Years

John Leazer and his wife Cindy run a business in Orwell and look after grandchildren. John's mother Marian, 85, enjoys her two days at Project Independence. "It's a big help to us, knowing Mom is safe and enjoying herself while we catch up with our business," says John.

"I'm really glad to have this place in my life," adds Marian, "You are all so good and we have so much fun. I think everyone should come. I love it."

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



John Leazer and his mother, Marian, at Project Independence.



Lisa Roberts is pleased to be able to focus on her job knowing mom, Elizabeth, is safe at our center.



Peg Reed had peace of mind while at work knowing Walt was with friends at Project Independence.



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*

**Wednesday, January 14, 2015
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 Connie for more information, 388-3983