

# Elderly Services

Supporting Elders and Families since 1981

Middlebury, Vermont ♦ 802-388-3983 ♦ www.elderlyservices.org ♦ Spring 2017

## Caring for an Elderly Loved One? *Call Us! Seek Help Sooner rather than Later!*



- ❖ *Is your aging loved one alone too much?*
- ❖ *Are you worried about changes?*
- ❖ *Wondering when and how to intervene?*

You may feel that nobody can take care of your mother as well as you. Or you might say that your husband only lets you help and won't accept anyone else.

Don't wait too long and get to a breaking point. With help from our social workers you might find a new lease on life and possibly increase your "reluctant" loved one's happiness at the same time!



### 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
- ◆ 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.



*Social workers Eileen Lawson and Judy English combine professional know-how with personal experience in family care*

**Call 388-3983  
and we can explain all  
Elderly Services has to  
offer. We'll also tell you  
about other wonderful  
types of help in our area.**

# Enjoy Life at Project Independence

*You're never too old to make new friends*



Do you have health problems and get out less than you used to? If you don't drive anymore, you can feel cut off from the world. As friends pass away or get sick, your social life declines.

Getting out of the house is good for you! Meeting new people helps your mind and memory. Moving around at our center helps your strength. Come for a tour—it's time to enjoy life again.

## Make Friends for Your Health

*It's good for you!*

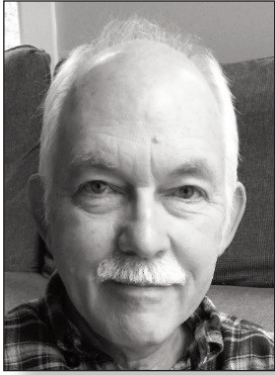
A 2016 New York Times article outlines the bad effects of loneliness on elders. The good news is that elders can make new friends even late in life. Read Paula Span's story from December 13, 2016 at [www.nytimes.com](http://www.nytimes.com)



# ESI COLLEGE

## Music Lessons

### *Inspired Teaching from a Lifelong Musician*



This winter Jerry Shedd taught the course “Hearing the Sonata Form” at ESI College to much acclaim. How did he get involved with music and teaching in the first place?

Jerry was born in Vermont, and then moved to upstate New York when he was three. He began lessons on piano, percussion and euphonium in high school. His mother's love of classical music and father's skill as a guitarist helped foster his love. “And I was just blown away by the music itself.”

According to Jerry, he always loved visiting his Vermont cousins. After an education and a music teaching career in New York State, he was finally able to move home to Vermont. “My mother grew up in Addison County, and with a college, a hospital, hiking trails, and relatives here (including one who is a realtor) it was the perfect place.”

“Teaching at ESI has been so rewarding, because ESI students are so sharp and so experienced. Their backgrounds are varied and fascinating, and they keep me on my toes. They are also warmly appreciative. I've very much enjoyed ESI as a student as well.”

*Student Liz Holm says, “I loved the class! He made you listen. He made it so clear, you could really hear the form. I thoroughly enjoyed the course.”*

## Take a Class at ESI College This Summer!

*June-August 2017*

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:  
office@elderlyser-  
vices.org



**Our Next Semester starts  
in June 2017**  
**Gift certificates available**  
**Call today for a brochure**  
**(802) 388-3983**



## Elderly Services, Inc

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

Non-Profit Org.  
U.S. Postage  
**PAID**  
Middlebury, VT  
Permit #53

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*

**Friday, May 19, 2017  
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 Dana for more information