

# Elderly Services

Supporting Elders and Families Since 1981

Middlebury, Vermont ♦ 802-388-3983 ♦ www.elderlyservices.org ♦ Spring 2018

## Questions About Aging? *We'd like to help!*

- ❖ What is normal aging?
- ❖ How do I care for my loved one and myself?
- ❖ What services are available?

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 or a spouse, wondering whether to intervene.

*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 Program
- Volunteer opportunities



*Kathy Ambrette, with Social Worker/Director Joanne Corbett*

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

*“It’s a good feeling knowing I can turn to Elderly Services when I need advice. I’m forever grateful for the information and support that I’ve received from the social worker arm of Elderly Services—skill and kindness helps everything.”*

—Kathy Ambrette

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

# Project Independence

## *Family Members Able to Keep Working!*



*Barbara Hennessy with parents Arlyn and Sheila*

One of our goals at Project Independence, our adult day center, is to provide reliable care six days a week to working caregivers. “It’s so good to know my parents are safe and happy at Project while I’m at work;” says Barbara Hennessy. “They love your suppers, the good conversation, all the live music, and even their van ride.”



*Trudy Forbes with mom Gwen*

Trudy Forbes is part of the “sandwich generation”—both her elderly mother and her children live at home with her. “My 80-year-old Mom cannot be alone,” says Trudy. “Project Independence takes care of Mom all day so I can keep my job and focus on work.”

Studies say 34 million “Trudy Forbes with mom Gwen”

Americans provide care to an older loved one and the majority of these caregivers also have jobs. Gerry Plouffe reports, “Your 7:00 a.m. to 7:00 p.m. hours are critical for me and my family. I know my mother is in good hands while I run my business.”



*Gerry Plouffe with mother Shirley*

### **Adult Day Care Reduces Stress for Caregivers**

*“Everyone needs a break. But sandwich-generation caregivers especially need to remember to take care of themselves first, otherwise they are no good to their children or parents. Taking care of you first, is the golden rule of caregiving,” from A Place for Mom. According to a study by Pennsylvania State Researchers, “use of adult day care services may protect caregivers against the harmful effects of stress.”*

# The Power of Words

*“Poetry can communicate before it is understood.”* —T. S. Eliot



Modern poetry can be beautiful but elusive, puzzling, and even challenging to grasp. Poetry professor Brett Millier and her students, read and discussed significant 20th-century American poems and poets, to the delight of students in the class *Reading Modern Poetry*, offered in February 2018.

“Teaching poetry to older students is just about the happiest thing I do. People experienced

in life naturally understand that great poems have many meanings and resonances that can change over time, and aren’t obsessed with finding THE meaning. I learn from the students as much as they learn from me.”



Student Patty LeBon Herb says she feels so lucky to have access to such high-caliber teaching. “Professor Millier is a wonderful teacher, and a great listener, which really encouraged students to wholly take part. I am new to modern poetry, and I learned so much!”

Brett Millier is the Reginald L. Cook Professor of American Literature at Middlebury College, where she has taught since 1986.

*June–August 2018*

**Take a Class at ESI College this Summer!**

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@elderlyservices.org](mailto:office@elderlyservices.org)



*Our Next Semester starts in June 2018.  
Gift certificates available.  
Call today for a brochure (802)388-3983.*





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

Address Service Requested



Non-Profit Org.  
U.S. Postage

**PAID**

Permit No. 53  
Middlebury, VT

## *Concerned About an Elderly Relative?*

Come to Elderly Services, Inc.

### Informational Open House

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



- Eldercare consultations (local and long-distance)
- Information on caregiving
- Answers to questions about aging
- Tours for prospective participants

**Friday, May 18, 2018  
10:30 a.m. to 1:30 p.m.**

**Harry & Jeanette Weinberg Center for Elderly Services  
112 Exchange Street, Middlebury | 802-388-3983**

**Call Dana for more information.**