

# Elderly Services

Supporting Elders & Families Since 1981

Middlebury, Vermont

| 802.388.3983

| [www.elderlyservices.org](http://www.elderlyservices.org)

| May 2019



## Worried about an elderly relative? We can help!

- Need peace of mind when you're at work?
- Is your aging parent alone too often?

### We offer you ...

- Project Independence Adult Day Center
- Eldercare Counseling
- Eldercare Information & Consultation for Family Members
- Geriatric Needs Evaluation
- 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.*

"I love people," says Esther Weisberg, and you can tell she means it. Esther loves to chat with staff, or welcome a new fellow participant and walk them to a comfortable chair for coffee and a snack.



**Esther's daughter Gina appreciates the eldercare advice available from our social workers.**

"Last year after my husband died, my doctor talked to me and my daughter about Project Independence," says Esther. "I was on the fence. Now I love coming here. I get to have a whole other life! It's such a nice place to be, and I love the staff and participants. I'm very social and it's just a wonderful place to spend my day."

These days, while nearly everyone has an aging loved one, it's difficult for most people to know when their relative needs help—or where to find it. Most older people insist that they don't want any help, and families feel torn about how much to push.

■ **Our counselors can listen to your unique story and help you decide what to do. Call us at 802.388.3983. We're here to help!**

# Project Independence

## Having fun is important at all stages of life!

Almost everyone we know is worried about an elderly relative being lonely, bored or blue. At Project Independence we specialize in improving moods with a lively atmosphere that fosters pleasure, fun and affection.

Don't give in to the idea that loneliness or boredom is inevitable as you age. Getting out of the house is good for you! Meeting new people helps your mind and memory. Playing checkers or modified tennis, singing Broadway hits and walking out of doors in the sunshine lift your spirits. Join Project and enjoy this time of life!



### Fun is Good for Your Health

Having fun:

- Improves how your brain works
- Improves your social life
- Reduces stress and sadness
- Boosts your immune system

— from *Great Senior Living* newsletter



# ESI College

## Learning & Community

“ESI College is a valuable resource in our community,” says Middlebury resident Liz Holm. “It gives us older people an opportunity to learn about things we’re interested in. And the instructors make us feel like we have something to contribute, too.”

Between her ESI College courses and her Project Independence kitchen volunteering, Liz is appreciated and loved here at Elderly Services.

“I enjoy the people who take classes at ESI College. We have similar interests,” Liz says. “I’ve met so many people I never would have met otherwise.”

“People my age need an interesting place to go to be together. ESI College provides that.”



Liz Holm is a big fan of ESI College classes.



**‘We work hard to put together a broad range of interesting courses. Thank you, students, for your enthusiastic response!’**

— ESI College Coordinator  
Kristin Bolton

## Take a class at ESI College this summer!

- Are you over 60?
- Interested in learning more about current issues, science, literature, history and music?
- Live independently?
- Enjoy meeting new people?
- Want to expand your horizons?

Summer classes begin in July at our Elderly Services Center, 112 Exchange St. in Middlebury. You can explore ESI College class offerings at our website:

[www.elderlyservices.org/esi-college-classes](http://www.elderlyservices.org/esi-college-classes)





**Elderly Services Inc.**

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

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

**Address Correction Requested**

## Concerned about an elderly relative?



**Come to our Elderly Services Inc.  
INFORMATIONAL OPEN HOUSE**

**Friday, May 17, 2019  
10 a.m.-1:30 p.m.  
112 Exchange St. in Middlebury**

The event will feature:

- Eldercare Consultations
- Information on Caregiving
- Answers to Questions About Aging
- Tours for Prospective Participants

Come alone or bring your elderly relative with you to our beautiful Harry & Jeannette Weinberg Center for Elderly Services on Exchange Street in Middlebury. We provide local and long-distance eldercare consultation.

➤ *Call Eileen at 802.388.3983 for more information.*