

# Elderly Services

Supporting Elders & Families Since 1981

Middlebury, Vermont

| 802.388.3983

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

| July 2020



## Alone too much? We can help!

- Safe options during the pandemic
- Over the phone ... on Zoom ... on Facetime
- Plus, training and help to connect online

We older people know the Covid-19 virus is a particular threat to our age group. We avoid socializing, we avoid shopping, we miss our family and friends. We fear the virus but loneliness builds.



Ann Gibbons enjoys making nursing calls to Project Independence participants and their families.

### Social distance services ...

- Telephone check-ins
- Nursing calls
- Telephone activities & companionship
- Live entertainment via Zoom
- Classes on Zoom
- Social work & counseling
- Caregiver support
- Referrals for caregiver respite

*For more information and monthly rates, contact Joanne or Kristin.*

Phone:

802.388.3983

E-mail:

[mail@elderlyservices.org](mailto:mail@elderlyservices.org)

Let Elderly Services be your partner during the pandemic. See our new social-distance services listed on this page!

Can we help you with a new model of connection? A new version of belonging?

- Call Joanne or Kristin at 802.388.3983.  
Or you can e-mail us: [mail@elderlyservices.org](mailto:mail@elderlyservices.org)

# Project Independence

## Zoom transforms Project during the pandemic

On a given day, 75 participants from Project Independence open their e-mail to read the schedule for the day, which might look something like this:

Click on the following link for each of today's Zoom activities:

- 9:45: Live Music with the PI Trio
- 11:15: Creative Coloring with Linda
- 1:15: Virtual Van Trip: One-Room School Houses
- 2:45: Bone Builders with Ted

Assistant Activities Coordinator Ted Davis has played a pivotal role in the success of this online program, which was created in March after our center closed for in-person activities. Ted leads exercise, provides



**Ozzie the Dog helps Ted with pandemic protocol: 'I told you Ted, stop touching your face!'**

tech support for participants, sets up volunteers to entertain us, and posts on our Facebook page, to name just a few. A sense of humor is one of his keys to success. (See photo at left.) A great problem solver, Ted

is one reason so many participants are able to be part of our online programs. He helped former employee and very active 92-year-old Zoom participant, Barbara Sabourin, get connected.



**Ted Davis helped Barb Sabourin get ready to Zoom.**

Our tech team also helped a very appreciative family in Vergennes who report, "Our family member was depressed and angry when she couldn't go to Project. We connected her to your Zoom sessions and it transformed her mood. I am so grateful."

### Project Independence remains on hold, for now

Project Independence, our adult day center, closed on March 17 at 7 p.m. as the coronavirus lockdown took effect. We plan to re-open in the future when elders can be safe in groups. Our telephone and Zoom programs have been helping members of Project for months. We can now offer them to the community, too! Call us for more information: 802.388.3983.

# ESI College

## ESI combats isolation with online classes

Marion Werner, 93, normally a very active senior in Middlebury, was feeling the effects of social isolation when she joined the pilot ESI College online class in May: a book group with Elise Blair that had been canceled in March when Elderly Services had to close our center.

“I volunteered three days a week before the virus; now I hardly see anyone. It’s wonderful to see you all!” she exclaimed as she joined the group of eight for the first time. The group met three times to discuss *The Book of Joy*, a conversation between the Dalai Lama and Archbishop Desmond Tutu. The book



**Marion Werner, long a volunteer at Project, took part in a Zoom-based book group in May.**

and discussion were timely. “This has been a wonderful time for reflection ... and a way

to escape the isolation of this shut-down time,” said student Sarah Ashe. “I’m deeply appreciative of Elderly Services work to make this happen.”

If you’re interested in ESI

College online classes, we are offering them free of charge for the summer over Zoom. There will be more small groups as well as larger lectures. Try one out and keep your mind active!



### How can I sign up for ESI College classes?

We will send out the list of classes prior to the start of each month. If you aren’t on our e-mail list, you can e-mail us to get the list of classes, or to register, at [college@elderservices.org](mailto:college@elderservices.org).

◀ In July, Eric Davis, professor emeritus of political science at Middlebury College, will be offering a class on the 2020 election.



## 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

# We can help you through the pandemic!



Stay connected to  
Elderly Services.

- Telephone services
- Online live entertainment
- Online classes

Call us at  
802.388.3983;  
or e-mail us:  
[mail@elderservices.org](mailto:mail@elderservices.org)

Where we are now: ESI staffers Ken and David play a concert on the patio, with the pond as backdrop, to be shared with participants on the internet.