

ELDERLY SERVICES

SUPPORTING
ELDERS & FAMILIES
SINCE 1981



Questions about aging?

- Is your loved one alone too much?
- Do you feel caregiver stress?

Like most Americans, you probably have an aging loved one. Or perhaps you are older and need more companionship.

Project Independence or ESI College classes can offer you safe social connection. We can help you have more fun again.

We can be your partner in aging and eldercare. Our expertise can make your life easier and increase your peace of mind. Call us at 802.388.3983 or email us: mail@elderservices.org.

Above: Hazel M. and Nurse Laurie in the gardens. At right: Hazel L. lines up her shot in the Game Room.

WE CAN HELP YOU!

- Project Independence Adult Day Center
- Project-at-Home Activities over Zoom
- ESI Classes Online
- Social Work & Counseling
- Eldercare Advice
- Caregiver Support
- COVID Safety: Vaccinations & Masks



PROJECT INDEPENDENCE

Good Food & TLC Abound!

We nourish body and soul . . .



GREAT FOOD!

- **Meatloaf**
- **Scalloped Potatoes**
- **Lentil Rice Salad**
- **Maple Carrot Slaw**
- **Pineapple Upside Down Cake**
- **Dark Chocolate Pudding**

At left: Missy gets ready for supper at Project Independence, where all the meals are prepared on site by our talented chefs.

TENDER LOVING CARE!

“The staff are the nicest people ever.”

“Coming to Project lifts my spirits 100 percent.”

“Everyone here is expected to be kind.”

“You make me feel safe and loved.”

At right: It’s smiles all around at Project Independence.



Phone
802.388.3983

E-mail
mail@elderservices.org

Website
elderservices.org

ESI COLLEGE

Loving to Learn

Kathleen McKennan of Middlebury reports that, during the pandemic, “ESI College classes have been a breath of fresh air and helped me to stay connected to others.”

Her many courses over the years range from the Enigma Machine to Advent Music to Aging Gracefully.

Kathleen (*at right, on the ESI campus*) retired in 2017 after a 40-year career as an elementary school teacher. A friend suggested ESI College and Kathleen has enjoyed taking courses “just for the fun of it.”

A native of Syracuse, N.Y., Kathleen arrived in Middlebury in 1985. “I want to be a part of ESI,” says Kathleen. “Loving to learn and sharing time with others is truly a blessing.”



ESI College Continues Online in 2022

Enjoy learning and community safely from home. To learn more about our ESI College courses, contact Dana at dana@elderservices.org.

Or visit our website:
elderservices.org/lifelong-learning/





Elderly Services Inc.

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

Address Correction Requested

STAY CONNECTED TO ELDERLY SERVICES!

- Project Independence Adult Day Center
- Project-at-Home Activities over Zoom
- ESI College Classes Online
- Committed to COVID Safety (vaccinations & masks)
- Call:
[802.388.3983](tel:802.388.3983)
- Email:
mail@elderservices.org



'Neither rain ...' Joining the walking group for laps around the ESI campus is one of our most popular daily activities at Project Independence.