

# ELDERLY SERVICES

SUPPORTING  
ELDERS & FAMILIES  
SINCE 1981



## Getting out is good for you

- Are you worried a loved one is feeling blue?
- Project Independence improves moods!

**A**lmost everyone we know is worried about an elderly loved one being lonely, bored or blue.

At Project Independence, we specialize in improving moods with our lively atmosphere of fun and affection.

Don't give in to the idea that loneliness or boredom is inevitable as you age.

Call us at 802.388.3983 or write to mail@elderservices.org.

**Above: A walk around the ESI campus, often with a pause at the pond, is a popular activity.**

## WE CAN HELP YOU!

- Project Independence Adult Day Center
- Eldercare Advice
- Social Work & Counseling
- Caregiver Support
- ESI College Online
- COVID Safety: Vaccinations & Masks



**Eddy and Ken compare handmade headwear on a fall morning at Project.**

# Fun is important as you age!



Pleasant days and friendly companionship—maybe some music outside, and perhaps even a bit of dancing—help to balance the challenges of aging. Join Project Independence and enjoy this time of your life.

Left: Betsy and Margaret share a moment during a beautiful fall day at Project.

## These are a few of our favorite things ...



**SANDY SAYS:**

- “Kindness and support”
- “Laughing during games”
- “Discussions and sharing”
- “Beautiful light in the building”



**GERRY SAYS:**

- “All the wonderful staff”
- “Very good meals”
- “Indoor volleyball”
- “Playing cards on the sunporch with old friends”

## ESI COLLEGE

# The urge to learn

**E**ver since he was a child in Packanack Lake, New Jersey, Russ Leng (*at right*) wanted to be a teacher.

He started teaching classes in International Politics at Middlebury College—his alma mater—in 1960.

Russ retired 16 years ago but has never stopped teaching. His ESI College classes include his most recent, “Shakespeare on War.”

“Learning and teaching have been my favorite activities,” Russ says. “And now I enjoy designing courses for lifelong learning groups like ESI.”

“The urge to learn becomes even stronger as we age. ESI College provides a wonderful resource to satisfy that urge for Addison County seniors.”



## Watch your email for upcoming classes!

Would you like to receive email notices about ESI College offerings? Contact Jeff Rehbach (*at right*), our office manager, at [office@elderservices.org](mailto:office@elderservices.org).

Or visit our website:  
[elderservices.org/lifelong-learning/](https://elderservices.org/lifelong-learning/)





## Elderly Services Inc.

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# STAY CONNECTED TO ELDERLY SERVICES!

- **Project Independence  
Adult Day Center**
- **ESI College Classes**
- **Support for Caregivers**
- **Social Work &  
Counseling**
- **Committed to COVID  
Safety: Masks &  
Vaccinations**

Call us:  
802.388.3983

Write to:  
[mail@elderservices.org](mailto:mail@elderservices.org)



**Getting to know you:** Project Independence members took a field trip to Heartfelt Farm in Weybridge, just up the road from ESI's campus in Middlebury.