

Phone  
802.388.3983

E-mail  
mail@elderservices.org

Website  
elderservices.org

DECEMBER 2023  
MIDDLEBURY, VT

# ELDERLY SERVICES

SUPPORTING  
ELDERS & FAMILIES  
SINCE 1981

## Enjoy Life!

*Addressing the Needs of Addison County Elders*

**W**e care for some of the most vulnerable members of our community through our nationally recognized adult day program, Project Independence. We provide nursing oversight, social work support, care coordination, transportation, homemade hot meals, and therapeutic activities in a lovely home away from home.



Follow us on Facebook:  
[facebook.com/elderservices](https://facebook.com/elderservices)

## You're Not Alone!

*Practical, Compassionate Support for Caregivers*

**W**e provide daytime respite for families and other caregivers so that they may return to work, have time to themselves, and get a break from the daily challenges of caregiving. We also care for the caregiver, providing support so they feel more successful. We're always only a phone call away.



Give us a call:  
802.388.3983

## Getting Out is Good for You!

*Alleviating Isolation and Loneliness*

**S**ocial isolation and loneliness have a devastating impact on mental and physical health. People feel happier when they are with other people and their health improves in a positive social setting. Over and over, we see our elders' health stabilize, and the moods of the elders, and their family members, improve.



Visit our website:  
[elderservices.org](https://elderservices.org)

## We're Good for Business!

*Supporting Our Local Economy*

**F**inding and keeping good employees is a challenge for many businesses. Our adult day program offers families another option for caring for an elderly loved one during the workday. Our respite and support allow workers to remain employed and avoid costly nursing home care.



See us on Instagram:  
[instagram.com/elderservicesinc](https://instagram.com/elderservicesinc)

# Grant bolsters ESI effort to set up new Center for Positive Aging, and help combat 'loneliness epidemic'

The data is clear and alarming. “Loneliness leads to a 29 percent higher risk of developing heart disease, a 32 percent higher risk of having a stroke and a 50 percent higher risk of developing dementia,” according to a recent report from the Centers for Disease Control and Prevention. Vivek Murthy, the U.S. Surgeon General, has declared that our country is suffering from a “loneliness epidemic,” and is using his national platform to sound the alarm about the importance of dealing with the issue of social isolation for all people—but especially for our elderly.

For more than 40 years Project Independence has transformed the lives of elders and their families with its award-winning adult day center, Project Independence, a quality-of-life alternative to nursing home placement. Here, older people find an antidote to loneliness through a fun and loving community in our home-away-from-home. It’s never too late to make new friends and build community at our day center.

Now, ESI is expanding its services with a new program, the **Center for Positive Aging**. The goal is to help the increasing number of elderly Vermonters in the Champlain Valley address the challenges of loneliness through counseling. Older people

receiving counseling will benefit through alleviation of depression and anxiety as well as increased skills in coping with the challenges of grief, loss and change. Family caregivers will benefit from being able to talk about the challenges they face, and



**Above: Fun and loving community hold loneliness at bay at Project. Below: Joanne Corbett, who recently stepped down after 33 years as ESI's executive director, will head up the new Center for Positive Aging.**



the advice and support offered by our team of social workers, with more than 75 years of experience.

Offered at the ESI facility at 112 Exchange Street, the program will be overseen by Joanne Corbett, a

licensed clinical social worker who served for 33 years as executive director of Elderly Services.

This effort will be bolstered by a recent grant from the Hoehl Family Foundation, which will be instrumental in helping to get the Center for Positive Aging up and running. The Hoehl Foundation will provide an annual \$50,000 grant for each of the next three years to provide essential start-up funding for the new endeavor.

The expanding menu of services includes: counseling for older individuals and couples; counseling and advice for caregiving family members; individual consultation and education on issues of aging or family; and group education sessions.

According to Joanne, the new program hopes to help members of the local community face the issues of aging, caregiving and memory loss with loving and successful support: “Along with physical, social and often cognitive losses, older Vermonters today face the emotional challenges of change, loss, anxiety and sadness.”

“Many people struggle with the challenges of aging and caring for aging relatives until they reach a crisis and can no longer manage,” says ESI Executive Director Kristin Bolton. “Our goal is to support people before they reach a crisis, and the grant from The Hoehl Family Foundation will be instrumental in our success. Essentially, we want to alleviate anxiety, depression, loneliness and stress for elders and their families.”

For more information about the Center for Positive Aging, email Joanne Corbett at [jcorbett@elderlyservices.org](mailto:jcorbett@elderlyservices.org) or call 802.388.3983.

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## Project Independence Spotlight

### Catching up with two of our veterans, Don and Glen

**P**roject Independence, the Adult Day Program of Elderly Services, is proud to have several veterans among its group of participants who have served in various branches of the military all over the United States and overseas. Two of these veterans, Don and Glen, recently shared their stories with us.

Don was born and raised in Vergennes. His father worked on a dairy farm in Ferrisburgh, and his mother stayed home to care for Don and his two brothers and sister. After high school, Don enlisted in the Marine Corps, trained at Parris Island, South Carolina and then served the majority of his time at Camp Lejeune in North Carolina.

Although Don spent his entire (two-year) military career as a Private First-Class, he did have the opportunity to serve briefly overseas in France and in Tripoli, Libya.

Don has a brother who has served in the Army for 27 years, and he has a grandson who is currently enrolled in his college's Reserve Officer Training Corps (ROTC) in Massachusetts.

Don is married to his high school sweetheart, Mary, and together they raised five children. He spent his career in construction and driving a truck to deliver cattle from Vermont to Massachusetts.

Today, Don enjoys his time at Project Independence—especially the games and the food! He says that the staff is wonderful and he loves to spend time among the other folks who attend Project.



**Top photo: Marine vet Don and ESI nurse Maura; bottom photo, Army veteran Glen.**

Glen was born and raised in Gardner, Maine, and is one of four children (all of whom were born within a five-year period!). His mother owned a clothing store and his father worked in a shoe factory. After graduating from high school, Glen enrolled at Middlebury College and majored in mathematics. He participated in

the ROTC program to help pay for his college expenses.

Upon graduating from Middlebury College in 1968, Glen joined the Army and was assigned the rank of second lieutenant based on his ROTC experience. He served as a radio officer at Fort Monmouth, N.J., and then at Fort Lewis in Washington State. In July of 1970, Glen was deployed to Vietnam, where he served for about one year.

Following his time in the Army, Glen got a job with the accounting firm of Arthur Anderson, where he trained to be an accountant. He then spent his entire professional career as an accountant and eventually started his own accounting firm.

Glen truly enjoys the social interactions at Project Independence and developing friendships with the other participants and staff. He also loves the meals and various activities offered at Project. He is a regular member of the daily “walking group” as well.

We thank Don and Glen for sharing their stories with us, and for their service in our armed forces!





## Elderly Services Inc.

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

**Address Correction Requested**

# INSPIRING ELDERCARE FOR DECADES TO COME!

- **We embrace aging.**
- **We transform lives.**
- **We educate and support families.**



## Elderly Services 'By the Numbers'

### A Year at ESI (fiscal year, 2022-23):

- 48,700 hours of service in person
- 2,000 hours of service on Zoom
- 3,000 hours of nursing support
- 3,000 hours of social work support
- 12,000 assisted transportation rides
- 12,120 home-cooked meals served
- 100 participants and 200 caregivers served
- 500 referrals helped

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