

DEERFIELD VALLEY SENIOR NEWS



Volume 1 Issue 2

DEERFIELD VALLEY AGING IN PLACE INITIATIVE

Our mission is to provide
for the wellbeing of our
aging population.

WELCOME TO OUR SECOND NEWSLETTER!

What an exciting undertaking this is for the fastest growing community in Windham County -you our Senior Citizens!! The surveys you returned are now being analyzed to help guide our next steps.

Meantime, please bear with us as we set up a more user friendly system to answer calls and retrieve messages. If you tried calling in the past try us now again at 802-451-6941. Thank you for your patience.

As we grow we need the following help:

- 1) Is there someone who can create a website?
- 2) Is there someone to take minutes at our meetings?
- 3) Let us know if you want to be part of a telephone bank.
- 4) Send us information about senior activities.

Finally - after you receive this newsletter - either by mail or email - tell your friends and family they can pick up a copy at: the Libraries in Wilmington, Dover and Whitingham. There will be copies available also at both banks in Wilmington, C&S, the Senior Meal site at the Municipal Center in Jacksonville and the Town Offices in Wilmington, Marlboro and Halifax. If there are other distribution sites that we did not list, we would appreciate it, if you would let us know so that we can spread the word about our work. Remember you can call us at 802-451-6941 or email us at svdvaginginplace@gmail.com.

ASK BILL: "Can you help me obtain information about health and human services and organizations in my community?"

BILL: From any Vermont exchange just dial 2-1-1 and from all exchanges outside Vermont dial 1-802-652-4636. Toll free in Vermont call 1-866-652-4636

This is a FREE and confidential service available 24/7 to provide information and resources, with person to person assistance for everyday needs or difficult times. Examples might be: nutrition programs, transportation, wellness programs, support groups, mental health care and counseling, and more.

Make this your FIRST call and be amazed!

"It does not matter how long you live, but how well you do it." Martin Luther King, Jr.

BOOK REVIEW

Alone and Invisible No More by Allan S. Teel, MD

This book, published in 2011 by Chelsea Green Press of White River Jct. N.H., is a description of something called The Maine Approach; how grassroots community action and 21st century technologies can empower elders to stay in their homes and lead healthier, happier lives as they age.

Dr. Teel had 20 years of caring for elders in all sorts of situations and came to believe that a unique home-care model works the best for all involved. "It costs less. The patients are happier and healthier. There is a greater opportunity for neighbors and friends to become part of a support team. And the best part is that our elders are restored to their rightful place in the community."

Roughly the first half of the book chronicles what has not worked and what has gone wrong in our country in care for seniors. By mid-point Dr. Teel has come up with quite an extensive, and technology-rich menu for elder care – very 21st century.

The menu includes a personal advocate/consultant for every senior, telephone and video phone calls daily usually from an elder volunteer, Guardian 911 emergency response system, remote video monitoring (a webcam in the kitchen), home visits from other volunteers, transportation and errand services, personal weekly planner, monthly community activity calendar, semi-annual mental health assessments and more.

The key is that these services are provided by senior volunteers for other seniors. It is an empowerment program, ceding the responsibility for much of the care and surveillance to other elders in any community. It respects the contributions that older folks can make and reengages them on behalf of each other, turning them into a resource not a drain on their town. I don't see why some version of this program could not be implemented in Wilmington maybe in coordination with SASH or the Health Center.

This book is available at Pettee Memorial Library.

THIS AND THAT

LOAN CLOSET: We have a Loan Closet housing all sorts of durable medical equipment. If you need to borrow a walker, wheelchair, specialty cane or a commode call us and leave a message at 802-451-6941 or you can email us at svdvaginginplace@gmail.com. Aging in Place is here to help!

UPCOMING: MEDICARE CLASS, August 12 from 1:30-3:30pm. At North Star Bowl, Wilmington. Sign up at the Senior Help-line. 1-800-642-5119 or 1-866-673-8376

SAVE THE DATE: August 15 – Jazz Concert at Memorial Hall to benefit the Gathering Place – Watch for more info!

RANDOM THOUGHTS AS WE AGE: Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller! I'm going to retire and live off of my savings. Not sure what I'll do that second week.



AGENCY SPOTLIGHT



Senior Solutions, Council on Aging for Southeastern VT, is a designated Area Agency on Aging that provides information, referrals, and services to seniors aged 60 and up, and to their family caregivers and others who help them.

All of our services may be accessed through the toll-free Senior HelpLine: 1-800-642-5119 or 1-866-673-8376. This service is free and confidential.

Your call will automatically be routed to the agency that serves the area you're calling from. Senior Solutions is the agency serving Windham and Windsor Counties as well as the towns of Winhall, Searsburg, and Readsboro in Bennington County. Southwestern Vermont Council on Aging serves Rutland County and the rest of Bennington County.

Here are the "Top Ten" reasons to call the Senior HelpLine:

- Your aging family member needs help
- You have Medicare questions
- You're exploring long-term care options
- You need medical or non-medical transportation
- You have questions about nutrition or wellness
- You need appropriate housing
- You need help managing your bills/finances
- You're a caregiver for an older person and feel stressed
- You're 60 or older and have questions about public/state benefits
- You're a provider looking for programs to refer seniors to



Monday through Friday, 8:30-4:30, our friendly experts are available to answer your questions. If you get voicemail, be sure to leave a message so our staff can call you back. This is not a "hotline," so if you have an emergency, call 9-1-1.

The Senior HelpLine staff can help you access any of our services, including Meals on Wheels, long term care Options Counseling, mental health services, legal aid, respite care and Medicare advice. If necessary, a home visit or case manager may be provided.

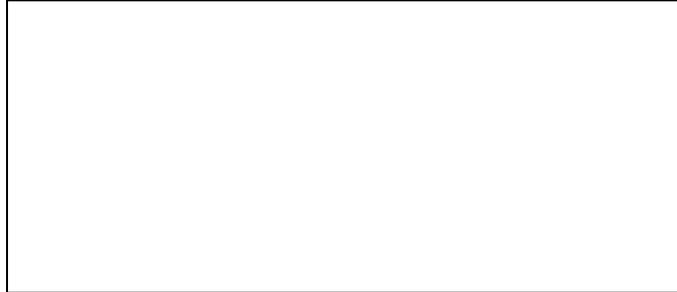
If we don't have what you need, we will do our best to connect you with an organization that does. Our web site also has a great deal of helpful information: www.SeniorSolutionsVT.org.

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CANCER SUPPORT GROUP

CANCER – These six letters can change your life and the lives of those around you. Cancer changed my life. For the past year, I have been on an emotional roller coaster, as I battle cancer. I have often wished that I could meet and talk with others who are also fighting cancer; others who understand the uncertainty, the loneliness, the pain and the fear that come with a cancer diagnosis and treatment. I believe that talking with others who can empathize with your situation is a key part of treatment and recovery

That is why I am starting a cancer support group here in Wilmington. If cancer is part of your life, then consider joining. Anyone who is supporting a loved one with cancer or who has endured chemo or radiation or surgery is welcome to join. Together we will comfort, support and help each other. Please call CAROL HERBERT at 464-0309 to let me know that you would like to join us.



Contact Us

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Please send article suggestions to Mary Towne, Editor, at the above address.

Please share with others! Send your email address to receive electronically.

