



# DEERFIELD VALLEY SENIOR NEWS

Volume 1  
Issue 4

DEERFIELD VALLEY  
AGING IN PLACE  
INITIATIVE

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

## THE GATHERING PLACE'S NEWEST BOARD MEMBER IS WILMINGTON SUPER SENIOR BETTE CRAWFORD!

Bette's early education began in Rockland Ma. She then graduated from Sacred Heart High School, Kingston, MA and attended two years of Cape Cod Community School. She also studied at the Museum of Fine Arts in Boston for a year and Metal Smithing in R. I. Bette says: "I had always summered on Cape Cod as a youngster and moved to the Cape permanently at 15. My Dad and his partner started "The Pancake Man "of Cape Cod in the 60's, were I worked summers for 25 years. I then came to the Great State of Vermont in October of '62 for a Halloween Party and took up skiing very seriously as a "Ski Bum" Oh those were the days!



Dad and his partner retired in '75, so myself and former controller for Mt Snow, bought the Hyannis and So. Yarmouth operations and then the Pancake Man on Cape Cod. Winter would come and I'd be back at Mt Snow Corp. running the News Bureau and Special Events over the years. It would be my winter job and then back to Cape Cod to get ready for the summer season. We employed 15 summer kids from the local area and college students in each store and we would serve 1000 to 1400 people a day. That's a lot of Pancakes daily! Lots of challenges over the years, but what an education I got. I loved the summer people and they would come

back year after year. Moved to the Great State of Vermont in 1987 and ran a B&B out of my home and got involved with The Strolling of the Heifers with Orly Munzing and have been on the committee for 12 years now. I am an avid Holstein cow lover and have a collection of over 300 that reside in my Udder Room. I have been a member of The Deerfield Valley Rotary for the past 7 years. I am a 7 year lung cancer survivor. I am involved with our town nurse Jennifer Fitzgerald and "Aging in Place" here in Wilmington and learned there were 18 people going to The Gathering Place in Brattleboro from the Deerfield Valley. I met Mary Fredette, Executive Director, while she was looking for a satellite location and decided I wanted to be a part of The Gathering Place. I am excited to be asked to join the board and look forward to meeting and getting more involved with such esteemed, accomplished and active members." Bette Crawford

## NAMES TO CALL MYSELF

By Selma Schiffer

Who called out terrible two

After that someone tagged me a preschooler, kindergartner

then grade, middle and high school

college grad if your parents could afford it.....

Never mind talking about the preteen, training bra and then full blown teenager thing

Finally who would call me a young adult

married, maybe divorced, single mother with kids

yes, a divorce—what a scandal in those days gone by.

Now the baby boomers and millennials can have blended families

so happy together.

But wait - who gave me that golden parachute

signing up with AARP

Am I thinking about this middle age thing

this Senior Citizen thing

is that all there is my friends - is that all there is

So this is what is called the Golden Age

Sharing, reflection and two cups of coffee in the morning sunlight

### 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](mailto:svdvaginginplace@gmail.com). Aging in Place is here to help!

**CANCER SUPPORT GROUP:** Wilmington: Cancer Survivors Meeting. Second Wednesday of each month, 5:00 pm at Southern Vermont Medical Center, Deerfield Valley Campus. For information call (802) 464-0309

**RANDOM THOUGHTS AS WE AGE:** The biggest lie I tell myself is ..."I don't need to write that down, I'll remember it." Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and 3 sizes smaller! Last year I joined a support group for procrastinators. We haven't met yet.

**SENIOR MEN ENJOYING MORNING COFFEE:** Every Thursday at 8am senior men from the Deerfield Valley gather at the Charley Brown room at North Star Bowl for coffee, pastry and good conversation, ranging from local history to current events; sports and entertainment; personal experiences and opinions. We are always looking for new men to join us. There is no charge and no reservations are needed. Just show up.



# SASH a caring partnership

## SUPPORT AND SERVICES at HOME

### AGENCY SPOTLIGHT

It has been a very exciting year for the Deerfield Valley Seniors and Adults with Disabilities. The Deerfield Valley SASH panel, Support And Services at Home, is now celebrating one year in the valley. For those of you who are still new to hearing about SASH, let me tell you a little about us. Several years ago Cathedral Square Housing Authority in Burlington started a program to help seniors and adults with disabilities continue to live in their homes. They found that if they could bring services and programs to the people, the people could live in their homes longer. This was a win-win situation. The people were happy to stay in their homes and Cathedral Square continued to receive rent with less tenant turnovers. Cathedral Square proposed this concept to Medicare and Medicare decided to take this concept on as a pilot program in Vermont for 3 years. The model would have SASH panels awarded to cities and towns around the state. Each SASH panel has to be managed by a nonprofit housing authority. A SASH panel consists of a coordinator, a wellness nurse and 100 participants (individuals from housing or community, covered by Medicare). At the end of the 3 years Medicare concluded that this program saved them thousands of dollars. Last year, Medicare decided to extend the pilot program for 2 more years. They also decided to add additional panels to the state.

The Deerfield Valley area is stuck between two counties, Windham and Bennington. Shire's Housing in Bennington wanted to see a SASH panel in the valley where they knew the need would be high. They took on the management of the panel and brought SASH to our area. Stewart Property and Windham Windsor Housing Trust offered office space in Butterfield Commons. Shire's Housing staffed the panel with Becky Arbella, the fulltime coordinator and Jill Robart, the wellness nurse. They both are residents of East Dover. The need was high. Within 7 months Becky and Jill had filled the panel. There also was quite a wait list for the Deerfield Valley SASH panel. Becky and Jill requested to grow the panel bigger. Shire's Housing and SASH heard their plea and awarded the valley an additional half panel. There would need to be a part time coordinator and wellness nurse added to staff the half panel. Starting September 1<sup>st</sup>, Elizabeth McEwen was hired as the part time coordinator and Stacia Sirois is the additional wellness nurse. We have already started the enrollment of the 50 additional participants.



Jill Robart leading a SASH class

SASH is here to assist with the coordination of healthcare, to direct you where to go for needed services and information, and to bring activities to the community to reduce social isolation. We work directly with our participants who are in charge of our direction. We can work with your healthcare professionals, Senior Solutions, Vermont Blueprint for Health, and many other agencies. We offer Yoga, Tai Chi, and Matter of Balance to keep our bodies moving and to prevent falls. We also offer a wide array of social and nutritional events. The Vermont FoodBank has teamed with SASH and does a monthly food drop in West Dover on the 2<sup>nd</sup> Tuesday of

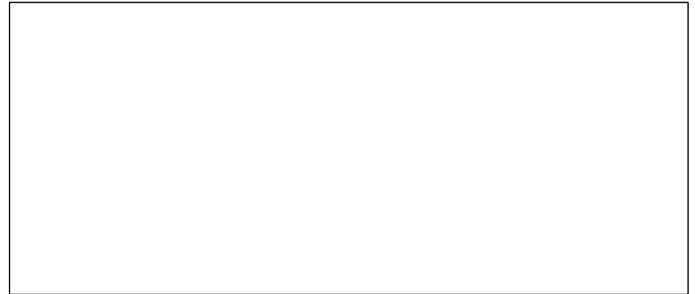
each month. We now have 2 volunteers that help make up food boxes and then deliver them to seniors in the area that otherwise would not be able to take advantage of this service. Things keep changing here at SASH. Please watch for our calendar of events. For more information: (802) 464-0438

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## DV AGING IN PLACE INITIATIVE

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## GET UP AND GO!

Brattleboro Memorial Hospital is committed to offering you the education and resources you need to improve the quality of your life and help you adopt healthier lifestyle choices. Our classes feature comprehensive wellness programs addressing mind, body and spirit. Some of these programs are free of charge and others are available for a small fee. View events calendar at <http://www.bmhvt.org/events>



## Contact Us

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