



DEERFIELD VALLEY SENIOR NEWS



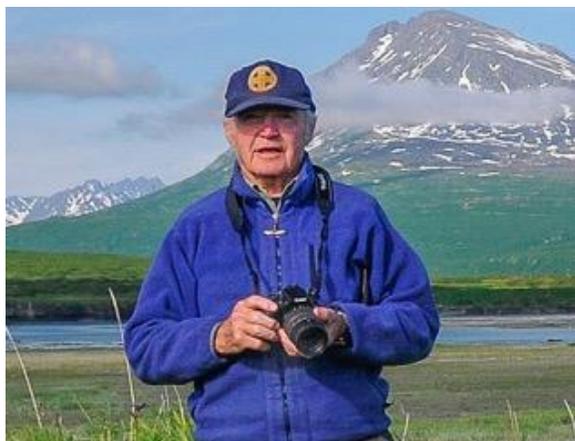
WILMINGTON SUPER SENIOR BOB ANGELL- by Claudette Hollenbeck

CH – Bob, I know you have led a very full life, lots of adventures, photography, and relationships. Now at a very fit 88 ½ years old, what were some of the pivotal moments in that lifetime?

BA – Well, I married early and had 4 kids by the time I was 30, and so most of my time was spent working to support my family. But in my mid 30's my wife broke her ankle in a skiing accident and it became my purpose to teach my kids how to ski. I went onto the Mt. Snow Ski Patrol and came up to this area every weekend all winter from Mamaroneck, New York to do so. There was even a 3-year period of time later when I did Ski Patrol full time. I loved it and only reluctantly gave it up a few years ago.

CH – I've heard you speak very movingly about time going on by, time that cannot be reclaimed. Do you feel you have used your time well?

BA - Yes. I think I have. When I was 58 years old, with my wife's approval, I quit my job and became a professional volunteer for the Fish and Wildlife Service in the Alaska Maritime Refuge. That area is what we call the Aleutian Islands, a 2000-mile stretch of islands reaching almost to Russia. Every summer for 6 years I was part of a team on a boat which ferried biologists and other scientists from place to place. My wife was very successful in her own job and had been transferred to Paris for 3 years during that time period.



CH – When did the interest in photography begin?

BA – It really became a big part of my life during those years. Every day we saw so much nature; seals, whales, sea birds and so on. I became a different person working as part of that team and I tried to capture all that incredible natural beauty in photographs. My wife, Mary Anne and I travelled a lot and took photographs for the Parks system in Alaska. It was an extraordinary experience.

Then my life changed again and very dramatically after Mary Anne died in a one car accident here in Wilmington on Route 100. That was a terrible time. Some years later I began a new relationship and Jan and I travelled all over Europe revisiting many of the sites I had seen before, but she had not. After 15 years together Jan's descent in Alzheimers limited how much travelling we could do. I became a full time caregiver and it was an eye opener

DEERFIELD VALLEY AGING IN PLACE INITIATIVE

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

for me how much satisfaction there is in helping someone else. Probably it was a good thing that I was in my 80's then and able to slow down a bit.

CH – I assume that experience reinforced your sense of time flying by?

BA – Yes it did. Jan is younger than I am and it was so sad to see her life being stripped from her with nothing anyone could do to stop it. She was a patient at the Memory Clinic in Bennington and I used to take her to a neurologist in Boston monthly. Nothing stopped the disease. Finally, her family and mine intervened and we had to move on apart.

CH- Any words of wisdom for the rest of us seniors?

BA -Make every day count by doing something for others. We won't get this day back.

AGENCY SPOTLIGHT



Green Mountain RSVP of Windham County Update

RSVP's Windham County Volunteer Center re-opened in 2014 at its original location in the historic Jeremiah Beal House in West Brattleboro. We are now sponsored by the Southwest Vermont Council on Aging in Rutland. The volunteer coordinator is Steve Ovenden, from Townshend, VT where he and his wife, Dee and one of their three daughters live. Steve was formerly a planner with the Windham Regional Commission and more recently consulted with area towns and the Vermont Agency of

Transportation on reconstruction following Tropical Storm Irene. Seeing the towns pull together all their volunteer efforts to rescue, feed, and shelter residents inspired him to join the RSVP team. Steve has focused his initial efforts to reaching out to the loyal volunteer base and registering new ones. It's been awesome talking with volunteers that have given 15 and 20 years of service and hearing about all the organizations and individuals that they've helped. Reconnecting with the many volunteer stations has also been a top priority. Windham County is fertile ground for new non-profits with a mission to serve the many unmet needs in the area, especially those trying to "age in place" longer. RSVP currently provides volunteers in a variety of Deerfield Valley locations including three bonebuilder classes, the West Dover SASH office and the Jacksonville Meals site.

Hardly a week goes by without learning of new organization or new program being started that needs volunteers. Currently, there are over three dozen organizations that we are recruiting volunteers for and the list is growing steadily. Transportation for the elderly and dis-advantaged, and companionship programs are the number one need now. So if it's driving for Meals on Wheels, delivering for a food shelf, taking an elder to an appointment or just to meet and share stories for an hour, we have a volunteer position that you will enjoy. Please give Steve a call or stop by the Beal house to talk about your interests and how you can get involved in the community. Phone: 254-7515 Email: sovenden@svcoa.net

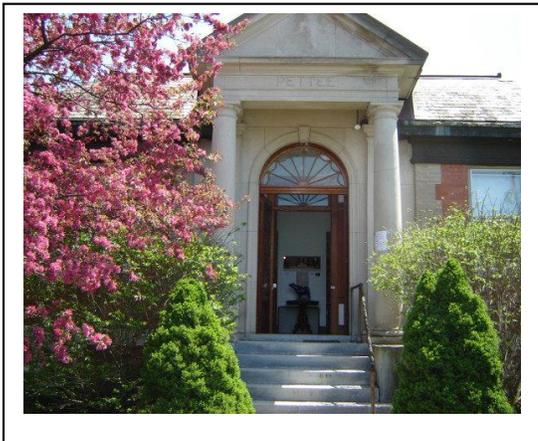
SOME RULES FOR A GOOD OLD AGE: (author unknown)

1. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down or the future frighten you.
2. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, your surroundings, your country. We are never old as long as we have intelligence and affection.

PETTEE MEMORIAL LIBRARY

Every passing year brings new advances in technology, new scientific discoveries, new ideas and theories. As the world changes, the future of libraries has been called into question. In the age of Google and Kindle, are libraries really necessary? It has been a struggle for our treasured institution to stay relevant, but I think that a visit to Pettee would prove that we are more valuable than ever before.

Pettee is proud to provide an ever-expanding number of services to help support our community. We continue to sustain the most traditional services that libraries provide – books and reading. However, books look a little different than they were 15 years ago. We are pleased to provide FREE downloadable e-books. With only a library card, a patron can download many popular titles to their tablet, Kindle, e-reader, or other device. The font on e-books can be manipulated to be larger, making them easier to read for some people.



Our collection of large print books is undergoing a facelift. We are adding more of the best-sellers that our patrons rely on us to provide. We are also happy to furnish more large print books through Interlibrary Loan. If it is not available here, we will do our best to find it from another library.

Audiobooks are also a popular item for people with vision impairment. Our collection of audiobooks, while growing steadily, is supplemented by our downloadable e-audiobooks. Similar to e-books, this resource can be downloaded onto many digital devices and operates like a book on CD. These are both available through a link right on the main page of our website, www.petteelibrary.org. See red button that says, “Click Here.”

Through a joint initiative with the Vermont Department of Health, we are proud to provide our patrons with three blood pressure monitors that circulate on a month-long loan period. They come complete with usage instructions, blood pressure logs, and DASH Diet information. The monitors are simple to use and operate at the push of a button.

Lastly, our website now boasts a page devoted to health and wellness resources, www.petteelibrary.org/health-care-links. Vetted by the Vermont Department of Libraries and the National Library of Medicine, these websites provide quality, trustworthy information. The links are accompanied with short descriptions of the specialties of each site.

As always, our staff is always happy to help. Feel free to give us a call or send an email with questions about downloading resources, obtaining materials from other libraries, or our online resources. Contact us at (802) 464-8557 or petteelibrary@yahoo.com. We'll be expanding our programming so keep your eyes open for technology and health workshops, author talks, and Living History presentations. We are open seven days a week – stop by any time!

LOAN CLOSET: Deerfield Valley Aging In Place has 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.

CAREGIVER SUPPORT GROUP: Free and available to anyone who is the caregiver of a chronically ill person (cancer, dementia, mental illness, alcoholism, etc.) Meets every other Sunday at 4 p.m. in West Dover at Congregational Church. Call (802) 464-5156 for more information.

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](tel:8024640309)

DV AGING IN PLACE INITIATIVE

PO Box 1076

Wilmington, VT 05363

I remember the 'good old days'



when 'snap, crackle and pop' were sounds
I heard from my cereal, not my body!

GROWING OLD CAN BE FUN
...IF YOU DO IT
WITH THE RIGHT PEOPLE

Contact Us

DV Aging in Place Initiative

PO Box 1076

Wilmington, VT 05363

802-451-6941

svdvaginginplace@gmail.com

<http://dvaginginplace.org>

Please send article suggestions to Mary Towne, Editor, at the above address. Please share with others! Send your email address to receive electronically.

THURSDAY LECTURE SERIES – PLEASE COME AND BRING A FRIEND!

Aging in Place is pleased to sponsor a lecture series every Thursday at 3pm at Memorial Hall in Wilmington through September 29. The topics are valuable for seniors but all ages are welcome. We will be sending out more information on the upcoming topics and they will be posted on our website www.dvaginginplace.org

July 21 - Annamarie Pluhar "How long can you afford to live alone as you age?" Learn all about the opportunities and benefits of "shared housing".

July 28- Jessica Mauer Esquire, Exec. Director, Maine Association of Agencies on Aging. Her team designed and created "The Tristate learning Collaborative on Aging" in which she ignited discussions that focused on designing and implementing a "Livable Community" that cultivates a workforce prepared to meet the needs of the growing aging populations in Maine, New Hampshire & Vermont".

August 4 - Joan Rech "Yes You Can" is a program designed to encourage seniors to find and begin using the accessible walking paths and trails in Wilmington.

August 11 - "Taking Steps" introduces Joanna Reuter and her trained volunteers to talk about their free program to help you fill out an Advance Directive which identifies "who" you choose to speak for you to make healthcare decisions when you can't speak for yourself. Sign up at the lecture to complete these important documents in the comfort of your own home. Don't wait for a crisis to let "them" decide.

August 18- Elliot Greenblott will speak about con artists, scams and fraud and how to protect yourself and how to report questionable abuse.

August 25 – "Have you ever heard about 2-1-1?" A United Way presentation about accessing local resources and information as well as volunteer opportunities to feel useful as you age.