

Elderly Services, Inc.

Spring 2026 Community Education Series

April 22:

Advanced Care Planning

Find out more about how the Vermont Advance Directive process works, get free forms and informational brochures and ask your questions about how to get started with your advance directive including: Having advance care planning conversations with your loved ones and clinicians. Available tools to plan for your healthcare (advance directives, DNR/COLST, disease-specific addendums). How to use advance directives to make a plan for serious illness or end-of-life circumstances.

Presented by: Taylor Murray, Vermont Ethics Network Advance Care Planning Program Manager
Thursday, April 22, 4:00-5:30 PM
Elderly Services, 112 Exchange Street, Middlebury

April 29:

Combatting Fraud in the Digital Age

Learn how to protect yourself from the growing threats of fraud targeting older adults. This session will cover current computer, telephone, and mail scams, including impersonation fraud, check fraud, phishing and more. Learn how to recognize common fraud tactics and discover practical steps to safeguard your personal information, bank accounts, and businesses. We'll provide easy to understand tips on protecting yourself from identity theft, securing your digital banking, and avoiding falling victim to fraudsters.

Presented by: Erin Small, M&T Bank
Wednesday, April 29, 4:00-5:30 PM
Elderly Services, 112 Exchange Street, Middlebury

May 6:

"You Are Not Alone"

Caring for an aging loved one with memory loss: signs, symptoms and strategies

Presented by: Eileen Lawson, Geriatric Social Worker, Elderly Services, Center for Positive Aging
Wednesday, May 6, 4:00-5:30 PM
Elderly Services, 112 Exchange Street, Middlebury

May 13:

Alzheimer's and Dementia: Signs and Symptoms

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Come to this program to learn more about how to identify and respond to these warning signs.

Presented by: Jordan Cotton, Vermont Chapter/
Alzheimer's Association
Wednesday, May 13, 4:00-5:30 PM
Elderly Services, 112 Exchange Street, Middlebury

May 20:

Driving and Aging - Challenges and Strategies

What happens if you or a loved one can no longer drive? Join us for an informative session on the challenges older drivers face in Vermont. Learn about the Yellow Dot Program, a statewide initiative that gives first responders quick access to important medical information during a crash or emergency. Discover helpful tips on staying independent, safe, and mobile behind the wheel. We'll also cover how to approach the difficult conversation about driving retirement and start planning for the future.

Presented by: Julia Sarrasin and Emily Fredette,
Vermont Department of Health
Wednesday, May 20, 4:00-5:30 PM
Elderly Services, 112 Exchange Street, Middlebury

**ALL PROGRAMS ARE
FREE AND OPEN
TO THE PUBLIC**

Elderly Services

Supporting Elders and Families since 1981

112 Exchange St., Middlebury, Vermont

802-388-3983
www.elderlyservices.org



**To RSVP or learn more, call Susan Bruce at Elderly Services:
802-388-3983 • www.elderlyservices.org**