**DECEMBER**

**Resource News**

**Upcoming Community Events**

**OId Spokes Home in Burlington**

**FREE Kids Bike Giveaway** (ages 3 – 8) December 14th, 2017

Sustainability Academy - 123 North Street, Burlington 5:30pm – 8 pm

**Mercy Connections American Citizenship Preparation Class**

**Beginning Tuesdays in January**

Register: 802-846-7162

This class prepares students for the U.S. Citizenship Test by increasing your English language skills while you study United States history, government, and geography. In each class, we will also practice questions and answers from the U.S. Citizenship Test.

* Free, online resources are available to help prepare for the Citizenship exam <https://my.uscis.gov/prep/test/civics>
* Download the USCIS Civics Test Study Tool app to practice test questions (available through the App Store or Google Play)

**The winter season brings joy for many, but can also be stressful. Caregivers who provide support to a loved one may feel added pressures during this time. Here are some key community resources that may be helpful to caregivers. Contact your Resource Coordinator for more details.**

**Queen City Memory Café**

****A monthly gathering in Burlington, Vermont for people living with dementia and other forms of memory loss and their care partners. The free café offers entertainment, socializing and refreshments. Learn more at <https://www.queencitymemorycafe.com/>

Meets the 3rd Saturday of the month 10:00am – 11:30am

802-656-4220 [**jnunziat@uvm.edu**](mailto:jnunziat@uvm.edu)

**Vermont Alzheimer’s Association**

**Caregiver Resource Center**

<https://www.alz.org/care/>

If you take care of a loved one with dementia or Alzheimer’s, learn about online support groups via AlzConnected <https://www.alzconnected.org/discussion.aspx>

**AgeWell Vermont** (Formerly Champlain Valley Agency on Aging, CVAA) provides programs and services for people 60 and over as well as their care partners. Visit [**www.agewellvt.org**](http://www.agewellvt.org) or call **1-800-642-5119**

Want more information about community resources? Contact Lisa Jensen,

Working Bridges Resource Coordinator

**802-922-6297 /** [**lisaj@unitedwaynwvt.org**](mailto:lisaj@unitedwaynwvt.org)

Lisa is onsite for the Custodial Services Department at UVM on Wednesdays

FREE CONFIDENTIAL

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**Contact Working Bridges Resource Coordinator**

**Connie Beal 802-881-4218 connie@unitedwaynwvt.org**