

YOUNG AT HEART



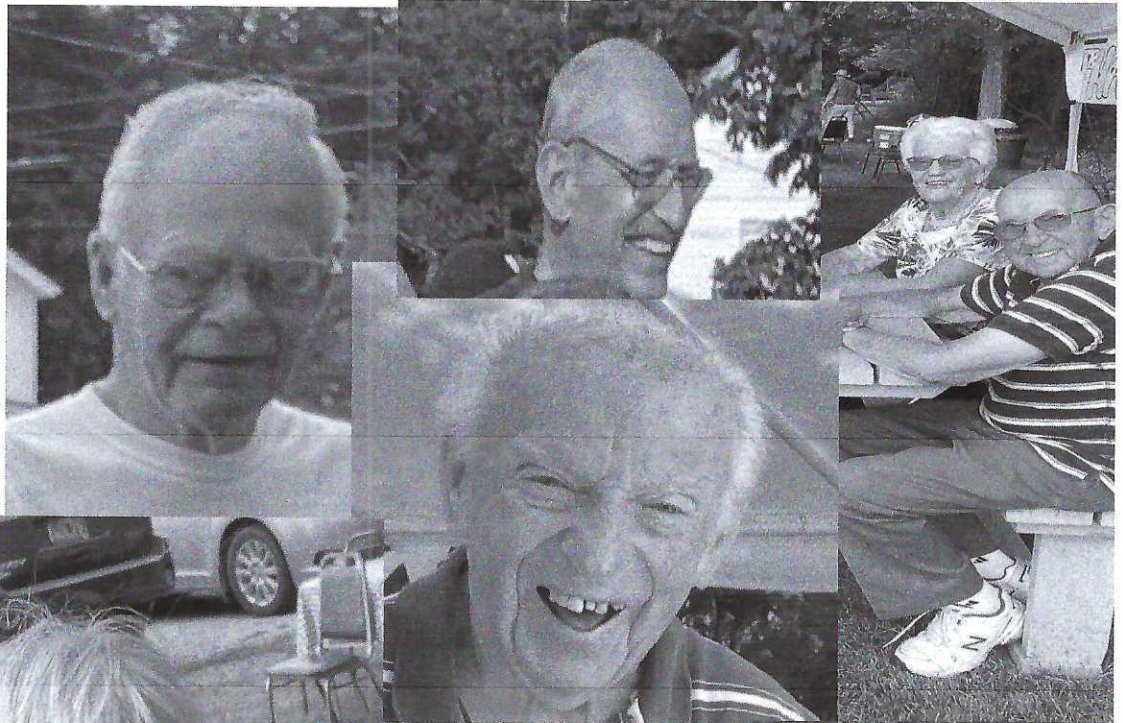
SERVING SENIORS SINCE 1975

THESE ARE THE FACES OF VOLUNTEERS WHO ARE

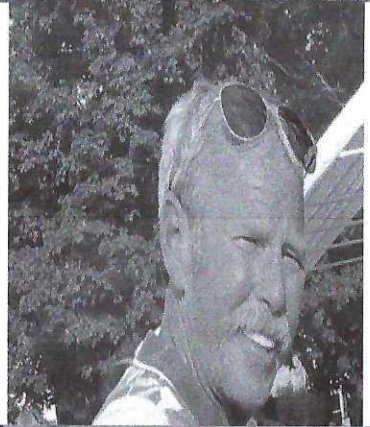
www.poultneyyahsc.com OCTOBER, 2021

802-287-9200

# Young at Heart Senior Center



HAPPY  
DEDICATED  
GENEROUS  
FUN and  
KIND!!!!  
And we have so  
many more!!!!





**Mt Rushmore, the Badlands & Black Hills of South Dakota**

**11 days , 10 nights \$1025 per person, double occupancy. We are going to deposit all down payment checks the week of Oct 12, in order to make one deposit. (Simpler for me!!)**

**If you have not received an insurance form , please call and I will mail you one. If you want the insurance, please make payments for insurance directly to them. They should be made within 14 days after our deposit is made.**

**Final payment will be due March 6, 2022**

**I can mail this form to you, or come in and pick one up. Thanks!!!**



## **Flu Shot Clinic**

**Oct 21, Thursday**

**9—11 Call for app't**

***Next Board Meeting is Oct 18, 2021 at 10:00 am***

***All are welcome. There will be a***

***Vote in Oct for the new board members.***

***As always in October, there are several positions coming available. Please call if you are interested.***

**Board of Directors:**

**President: Jonas Rosenthal**

**Vice Pres: Val Broughton**

**Sec't: Mary Preseau**

**Treas: Suzy Kasuba**

**Trustees:**

**John Thomas, Geri Woodruff**

**Pat Beatty, Maureen Capman**

**Shiela Nichols**

**Site Director:**

**Michelle McCarron**

**Cook: Diane Ferguson**

**Our Volunteer Appreciation Picnic was a grand success.**

**There is not enough room on a page to fill all the happy faces of the people that keep YAHSC going.**

**Music by Hermit Hollow String Band was beyond fun!!**

**Beth Sterns , Outreach Rep. from Sen Sanders office, came to share some great aspects of the future.**

**New faces were in the garden cooking and serving so the volunteers that make**

**the center run could relax and enjoy the day. The food was delicious, provided by Emily and Mike Lightfoot, Cake was scrumptious, baked by Rebecca Worthington.**

**Neighbors and friends came to be part of the spirit of volunteerism!!!**

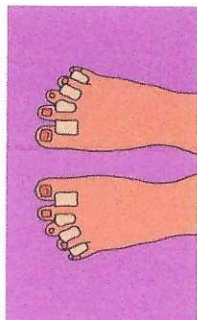
**Anyone willing to join us for a fun filled party next year, come on in and sign up to have fun every week!!!!**

**We still need drivers, kitchen assistance, servers, gardeners, handymen, and office helpers!!!!**

***Thank you to each and every one of our volunteers. Young at Heart can't survive without YOU!!***



**Come to the basket raffle Oct 2, 2021**  
**Held at Modern Woodsmen in**  
**Wells, for the benefit of Young at**  
**Heart. Bidding starts at**  
**11:00 and drawing is at 1:00**



**FOOT CLINIC Oct 1 FRIDAY .**  
**Call for Appointment 9—**  
**11:15**

**Next Foot clinic will be Nov 5**  
**Sponsored by the visiting nurses.**

**SASH<sup>®</sup>**  
**SUPPORT AND SERVICES**  
**AT HOME**  
*a caring partnership*

**Happy Birthday to our**  
**OCTOBER Birthday**  
**Stars**

1. Fernande Wash-bury
2. Blanch Ross
4. Richard Thomas
5. Elane Bagley
8. Margaret Durham
12. Maureen Capman
13. Pamela Mikkelsen
- 14 Joan Vladyka
17. JoAnn Richardson
- 22 Ruth Baker
- 23 Judy Prunier
- 23 Alice Reid
- 24 Peggy Moulton
- 24 Solange Martineau
- 26 Diane Rice
- 28 Dorothy LeBlanc
- 29 Katherine Dikeman
- 31 Audrey Haschemeyer



**Blood Pressure Clinic**

**Oct 12, 2021**

**Come in and get your pressure**  
**checked!!!**

	2		6		8			
5	8				9	7		
				4				
3	7					5		
6								4
		8					1	3
				2				
		9	8				3	6
			3		6		9	



## NEW 3SquaresVT program for Vermonters 60 or older or Disabled.

3SquaresVT in a SNAP offers Vermonters 60 or older and/or disabled an easier way to receive and keep 3SquaresVT food benefits.

This program is for households where everyone is:

- \*at least 60 years old or receiving disability benefits, and
- \*not earning income from a job or self-employment.

Households that qualify will be able to:

- apply using a simpler, shorter application, and
- keep their benefit for three years without needing to do an annual review.

3Squares in a SNAP is a demonstration project authorized by the Federal Nutrition Service of the USDA. The goal is to increase the participation of older and disabled Vermonters in the state's federal nutrition assistance program: 3SquaresVT. It does this by streamlining the application and recertification process. To learn more, call the Help Line at 1-800-642-5119.

## Bag Sale at the Thrift Store , Young at Heart Senior Center Store Hours Tues—Fri 9-2

When? **Oct. 1—9** Bag of Clothing \$3

Books, Treasures, dishes, frames, blankets,..... half price.

## Every day between these dates ending with a grand finale on Town Wide Yard Sale, Poultney, VT, Oct 9, 2021 8—1

On Sept. 8, 2021, the VCDBG approved the project of the "Path to Fitness and Wellness" at YAHSC. The purpose of this is to increase/expand opportunities for fitness and health programs outside of the Sr. facility 9 but located on the property). The project proposes to purchase and install an outdoor walking track (5' wide x 350' in length ) and an outdoor 20 X 40 pavilion to expand the health and welfare programs once served inside the Center building.

This is a reimbursement grant, so as the project develops and continues we will be reimbursed a total of \$83,478.

Thank you to Jonas Rosenthal, Sarah Pelkey, Paul Donaldson, the Selectboard members and the town of Poultney for supporting YAHSC in this exciting endeavor.



2	6	8	9	1	3	5	4	7
9	3	4	7	5	8	6	1	2
7	5	1	4	2	6	9	3	8
3	1	9	2	6	7	8	5	4
4	7	2	3	8	5	1	6	9
9	8	5	1	9	4	2	7	3
8	2	3	5	4	1	7	6	9
1	9	6	7	3	2	4	8	5
5	4	9	8	7	6	3	2	1



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## Memory Light Tree

Is a Christmas Tradition in Poultney Founded by Phyllis MacMurtry. It was started as a way to remember deceased loved ones at Christmas, especially when it was difficult to get to the cemetery to put wreathes or decorations on their graves. It is a wonderful way to help the Poultney Food Shelf and Women's Club Tree of Giving at a time when they need help the most.

The Memory Light Tree is located in front of the town hall and is lit by Santa when comes to town the first Saturday in December.

The names of those people to be remembered are published in the Free Press before Christmas.

Young at Heart is honored to be the sponsor of such a wonderful tradition.

Sign up books will be at: Original Vermont Store, East Poultney General Store, Young at Heart, Marcie's Hair Salon, Poultney Library, and Tree of Giving from Nov 1 through Dec 4. Donation is \$1 a name.

Essential Meal on Wheels preparation and deliver will continue as always, unless school is cancelled. The Southwestern Vermont Council on Aging is the administrator of the Meals on Wheels program in Rutland County. Our center provides home cooked nutritious meals including protein, vegetables, milk/juice, bread and fruit. The visit by the volunteer driver is just as important as the healthy meal.

In order to SIGN UP for Meals on Wheels you must call the SVCOA at 1-800-642-5119 or 786-5990. The program depends on participant contributions to help support it. There is SUGGESTED donation of \$3.50 is for home delivered and/or pick up meals at the senior center. Under 60 years of age, puck up available for \$5.00

A person is eligible if they are:

60 years if age or older

Handicapped or disabled and living in a housing facility where a meal program is operated

Non-Senior volunteer performing essential duties for the operations of the meal program

OR the Spouse of an eligible recipient regardless of age.

2021

ALL MEALS INCLUDE

1% MILK

CALL, IF EATING IN

Whole

wheat bread

Meals Served 12:00

low sodium  
gravy is used

OCTOBER

Tuesday		Wednesday		Thursday		Friday	
						31	
						Sloppy Joe's on Hamburg Bun Home Fries Cauliflower/Broccoli Pears	
						<b>FOOT CLINIC</b> <b>9:00 - 11:15</b>	
4		5		6		7	
Loaded Veggie Quiche w/ Cheese n Ham Garden Bread n Butter Fruit Salad  Yoga 7:00am <u>Bone Builders 9:30</u>		Mac n Cheese Stewed Tomatoes Broccoli Rye Bread n Butter Jello w/ Fruit  Card Playing 1:00 PM		Chicken Patty on a Bun Garden Salad Baked Beans Mandarin Oranges  <u>Bone Builders 9:30</u>		Goulash w/ hamburg n Spaghetti Sauce Garden Salad Bread n Butter Fruit Salad	
11		12		13		14	
Baked Ham Mashed SweetPotatoes Green Beans Carrots Roll n Butter Pear Crisp  <u>Yoga 7:00am</u> <u>Bone Builders 9:30</u>		Sweet n Sour Pork w/ Carrots, peppers, celery, broccoli over Brown Rice Bread n Butter Applesauce  Card Playing 1:00 PM		Shepard's Pie w/ potatoes, gravy Corn Carrots Bread n butter Mixed Berry Crisp  <u>Bone Builders 9:30</u>		Chicken Chef Salad Chicken Strips, egg, Broccoli, cauliflower, lettuce, tomato, onions Bread n Butter  Pineapple Tidbits	
18		19		20		21	
Corned Beef Hash Scrambled Eggs Home Fries Garden Salad Bread n Butter Fruit Salad  <u>Yoga 7:00 am</u> <u>Bone Builders 9:30</u>		Spaghetti w/ meat sauce Brussel Sprouts Cole Slaw Bread n Butter Brownie  Card Playing 1:00 PM		Chicken Alfredo w/ Cheese Sauce w/ Broccoli, n Carrots Garden Salad Bread n Butter  <u>Bone Builders 9:30</u>		Corn Chowder w/ Bacon Egg Salad Sandwich Garden Salad Cantaloupe	
25		26		27		28	
Chicken Noodle Soup w/ Mixed Veggies Ham Salad Sandwich Fruit Salad  <u>Yoga 7:00 a.m.</u> <u>Bone Builders 9:30</u>		Roast Pork Mashed Seet Potatoes Gravy Green Beans Applesauce Bread n Butter Strawberry Shortcake  Card Playing 1:00 PM		Beef Stew w/ potatoes, onions, Carrots Biscuit Garden Salad Melon  <u>Bone Builders 9:30</u>		Baked Ziti w/ California Mix Cole Slaw Roll n Buttler Pears	

Menu is subject to change without notice due to product availability and Nutritionist.  
Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. If you do not like any of  
these veggies, please let us know and we will omit them. Fruit Salad is pineapple, bananas,  
Strawberries, blueberries, grapes, and/or peaches, when available.



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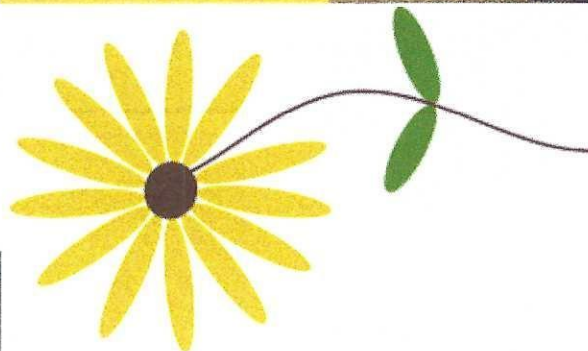
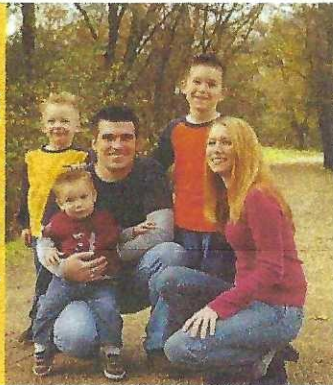
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Donations are graciously  
being accepted to help  
build our "Path to Health  
and Wellness", the out-  
door recreation space.

**YAHSC Thrift Store**  
is open Tuesday,  
Wednesday, Thursday,  
Friday from 9am-12pm


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\$115 @ year



## *Young At Heart Senior Center*

206 Furnace Street

Poultney, VT 05764

### *Help Support Young at Heart*

For more than 40 years, The Young at Heart Senior Center has been committed to being an active force in making our region a positive, safe place to live and grow old. As you know, we offer nutritious meals, entertainment, information, educational opportunities, and a place to socialize. We work closely with the Southwestern Vermont Council on Aging and the Community of Vermont Elders (COVE) to provide access to information and services, including Meals on Wheels. Like most people, we pay our insurance, utility bills, heating costs, cooking fuel, and exorbitant food prices.

Help us continue this mission by making a financial contribution today. Your support will help Young at Heart continue to meet the needs of today's seniors, and ensure a place for the elders of tomorrow, next year, and five years from now.

Please make your tax deductible donation payable to Young at Heart, and mail to Young at Heart Senior Center, 206 Furnace St., Poultney, VT 05764. Young at Heart is a 501(c)3 nonprofit organization.

Have you considered including Young at Heart in your Will or Estate Planning? For more information, consult with your financial and legal counsel.

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The Young at Heart Senior Center is a community organization whose mission is to be a positive force in making our region a better place to live and thrive as we grow older.

*A 501(c)3 not-for-profit organization.*

*Happy 45th Birthday, Young at Heart! 1975-2020*