

# Young at Heart Senior Center

## Congratulations Newly Appointed Board of Directors 2022

### YOUNG AT HEART

**President**— Jonas Rosenthal  
**Vice President**—Suzy Kasuba  
**Secretary**— Maureen Capman  
**Treasurer**— Carol Stierle

#### Trustees:

**1 year term**— Mary Preseau  
**2 year term**— Gerry Woodruff  
**3 year term**— Pat Beatty

#### Remaining Term Trustees:

John Thomas  
Sheila Nichols

**Site Director**— Carrie LaFond-Hurlburt

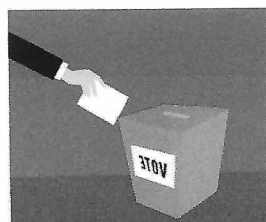
**Cook**— Diane Ferguson

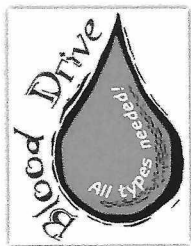


**SERVING SENIORS SINCE 1975**

The Young at Heart Thrift store is open! Our volunteers have been busy organizing the store. Each month featured items are on sale. For the month of February all sweaters and housewares are 50% off. The store is open Tuesday through Friday 9am to 12 pm. Come checkout the store; you never know what you will find!

Poultney will hold it's Town Meeting on  
Monday, February 28. 2022 at 7pm  
Voting will take place the next day on  
Tuesday, March 1, 2022  
at the Poultney Fire  
Department





## Blood Drive

Blood Drive is Saturday, March 19, 2022

9:30am-2:00pm

Make an appointment with the American Red Cross

Call 1(800)733-2767 or

Online at [RedCrossBlood.org](http://RedCrossBlood.org) use sponsor code: PoultneyYAHSC

## Foot Clinics

Due to the increase in Covid cases in our area, foot clinics are canceled until further notice. We will update everyone once these are able to begin again. Sorry for any inconvenience.



## Bone Builders

Tuesday and Thursday  
at 9:30am

Board of Directors:

President: Jonas Rosenthal

Vice President: Suzy Kasuba

Secretary: Maureen Capman

Treasurer: Carol Stierle

Trustees:

John Thomas, Gerry Woodruff, Sheila Nichols, Mary Preseau, Pat Beatty

Site Director:

Carrie LaFond-Hurlburt

Cook: Diane Ferguson

- pg 2 -

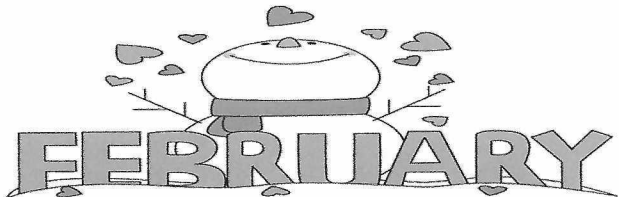
## Blood Pressure Clinic

Feb. 8 2022 Tuesday

10:00am—12:00pm

Sponsored by SASH

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



## Happy Birthday !!!

4 Pat Provost

6 Dorothy Turunen

Leon Parker

7 Maureen Hill

8 Ellis Flanders

9 Pam Goodwin

12 Bertha Dennison

13 Ann Ruck

Shirley Rogers

19 Linda Shaw

23 Carol Morash

25 Shirley Miron

27 Susan Kasuba

ALL MEALS INCLUDE

1% MILK

CALL , IF EATING IN

Whole

wheat bread Meals Served 12:00

low sodium  
gravy is used**February**

Tuesday	Wednesday	Thursday	Friday
1	2	3	4
Steak & Cheese Sandwich w/ peppers & onions Home fries Garden Salad Fruit Salad <u>Bone Builders 9:30</u>	Haluski Ham w/ Noodles Fried Cabbage w/ onions, and carrots Peaches  <u>Card Playing 1:00</u>	Corn Chowder w/ Egg Salad Sandwich Garden Salad Upside Down Cake  <u>Bone Builders 9:30</u>	Meatloaf Mashed Potatoes w/ Gravy Brussels Sprouts Pears
8	9	10	11
Chicken Noodle Soup Egg Salad Sandwich Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Mac & Cheese Stewed Tomatoes Broccoli Pears  <u>Card Playing 1:00 PM</u>	Baked Chicken w/ gravy Home Fries Green Beans Garden Salad Brownie  <u>Bone Builders 9:30</u>	Spaghetti w/ meat sauce Roasted Veggies Garden Salad Fruit Salad  Valentine's Party
15	16	17	18
Goulash Mixed Veggies Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Roast Pork w/ gravy Mashed Potatoes Carrots Peaches  <u>Card Playing 1:00 PM</u>	Beefy Stuffed Pepper Casserole w/ Rice Brussels Sprouts Pineapple  <u>Bone Builders 9:30</u>	Baked Ham Sweet Potatoes Green Beans Garden Salad Strawberry Shortcake
22	23	24	25
Meat & Veggie Cheese Quiche Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Open Face Turkey Sandwich w/ Gravy Mashed Potatoes Broccoli, Cranberry Sauce, Fruit Salad  <u>Card Playing 1:00 PM</u>	Beef Stroganoff w/ Noodles Mixed Veggies Apple Sauce Garden Salad  <u>Bone Builders 9:30</u>	Chef Salad w/ Spinach, Chicken, and Egg Mandarin Oranges Muffin w/Berries

Menu is subject to change without notice due to product availability and Nutritionist.  
Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. Fruit Salad is pineapple,  
bananas, Strawberries, blueberries, grapes, and/or peaches, when available.

## **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.

### **Vermont's Everybody Eats**

**Vermont's Everybody Eats program that addresses food insecurity by providing a weekly meal to residents through the state, has been extended until April 1, 2022.**

**Wednesdays at 5pm, first come first served**

**Now at the new Revive Church location**

**799 S. Main St. Fair Haven, VT 05743**



### **SNOW DAYS**

**Reminder that if the Poultney Schools are CLOSED due to winter weather there will be NO Meals on Wheels that day.**

**Please look at the YAHSC Facebook Page or the local Channel 3 News**

**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 if 60 and over, and \$5.00 if under 60 years of age.**

**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.**

Whitney's  
West Side  
Styles

2660 County Route 17  
West Granville, NY

Mary Whitney,  
Licensed Hairdresser

Hours  
Tuesday - Saturday  
8am - 5pm

(518) 642-1331  
Call for an Appointment

**Everyday Flowers**

Fresh Flower-Balloons-House Plants

**Emily Stockwell**

200 Main Street, Poultney, VT

Phone: (802)287-4094

*Special flowers for everyday occasions*

Email: everydayflowers1@myfairpoint.net

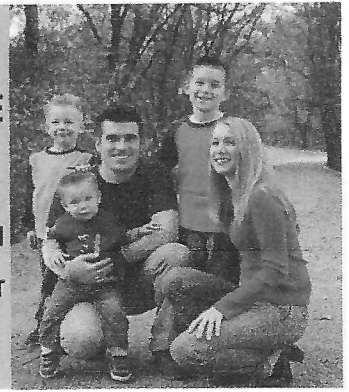
www.everydayflowersvt.com

**K & K CREATIONS  
FAMILY HAIR CARE**

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

KANDKCREATIONS@COMCAST.NET  
WWW.KANDKHAIRALON.COM  
www.facebook.com/kimberly.flynn.982



**YAHSC Thrift Store**

Open Tuesday through Friday

9am-12pm

50% off housewares and  
sweaters in February!

**The Original Vermont Store**

Owners: Nicole Austin & Bryan Arbuckle

**Originalvermontstore@yahoo.com**  
**(802)287-9111**

**163 Main Street  
Poultney, Vermont 05764**

Helping you move and feel better for over 25 years!



www.DonnaJohnsonPT.com

153 Main St., Suite 2B  
Poultney, VT 05764  
(802) 287-8213

28 Fourth St.  
Fair Haven, VT 05743  
(802) 265-4055



**POULTNEY  
VALLEY STORAGE**

Self Storage Units • Inside/Outside Storage  
Boats, Motorcycles, Campers, Cars, Etc.

**CALL FOR DETAILS • 802-287-5234**

Place your AD here:

Help us defer the cost of this  
newsletter, please!!

\$12 @ month

\$60 @ 6 months

\$115 @ year



Young at Heart Senior Center

206 Furnace St.

Poultney, VT 05764

---



### Help Support Young at Heart

For more than 46 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 and Medicare. Like most people, we pay our insurance, utility bills, heating and cooking fuels, and food costs.

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.

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.*