

YOUNG AT HEART



SERVING SENIORS SINCE 1975



We would like to wish everyone a safe and Happy Fourth of July! Celebrate the peace and commemorate the heroes!

### Basket Raffle

July 16, 2022 Saturday @ the MWA in Wells, VT

Bidding Starts @ 11am, Drawing Starts @ 1pm

- \*Baskets Including Wine
- \*Money Tree
- \*Concession Stand
- \*Plants
- \*50/50 Raffle
- \*Crafts & Hand Knits
- \*Toys
- \*Baked Goods
- \*Miscellaneous
- \*Gift Certificates

### SARATOGA CASINO BUS TRIP!!!

Tuesday, July 26th depart from Young at Heart @9am

Lunch is on your own. We will depart casino at 4pm to arrive home around 5:30pm. Cost is \$20 per person due at sign-up. Space limited. Call (802)287-9200 to reserve your seat!



### Picnic at Lake St. Catherine

Join us Thursday, July 21st for a picnic at Lake St. Catherine. We will be arriving at the lake at 9:30am. Lunch will be served at noon. Menu will include Hot Dogs, Pasta Salad, 3 Bean Salad, and Watermelon. We will enjoy a day at the beach and outdoor games. Rain date will be Friday, July 22nd.

Please call the center if you will be attending. Bring a chair to sit in.

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### VT State Parks Lifetime Passes

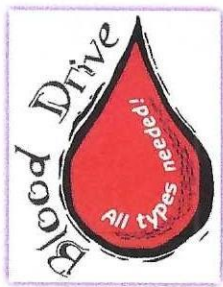
Green Mountain Passport. For VT residents 62 yrs. or older, or honorably discharged veterans. Good for lifetime free day entry. Cost \$2 and available only from your local Town Clerk's office.

July 2022

www.poultneyahsc.com

802-287-9200

# Young at Heart Senior Center



## Blood Drive

Blood Drive is Saturday, July 9, 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

# HAPPY BIRTHDAY

- 1 Sarah Gordon
- 2 Edward Hultz
- 3 Mary Dayton
- Violet Lanthier
- Mildred Stephenson
- 4 Walter (Alan) Smith
- Thomas Silver
- 5 Joan Loveridge-Sanbunmatsu
- 6 Michael Ball
- Kathleen McClaren
- 7 Lynne Martin
- 9 Cecelia Sharon
- 15 Velma Reed
- 19 Sandra Forrest
- 21 Ernest DeMatties
- Wilma Durrum
- Evelyn Danyow
- 25 Lucie Bailey
- Jean Wade
- 27 Millie Canning
- 29 Mark Haskins

# SASH<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

*a caring partnership*

### Blood Pressure Clinic

Tuesday, June 12, 2022

10:30am—12:30pm

Sponsored by SASH

### Foot Clinic

Foot clinics is July 1, 2022

from 9am-11:15am

Cost is \$10 to the VNA

Please call to schedule

### *Bone Builders*

*Tuesday and Thursday at 9:30am*

*Drop-ins always welcome*

### 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

Tuesday		Wednesday		Thursday		Friday	
							1
						Pork Chops & Rice Casserole Mixed Veggies Sauteed Spinach Apple Sauce	
5		6		7		8	
Veggie & Cheese Crustless Quiche Garden Salad Berry Muffin Yogurt Orange Juice  <u>Bone Builders 9:30</u>	Mac & Cheese Stewed Tomatoes Green Beans Fruit Salad  <u>Card Playing 1:00 PM</u>	Pork Parmesan w/ Pasta and Sauce Garden Salad Jello w/ Fruit  <u>Bone Builders 9:30</u>	Sweet & Sour Chicken w/ mixed veggies Brown Rice Sweet Potato Home Fries Peaches				
12		13		14		15	
Vegetable Lasagna Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Chicken Pot Pie w/potatoes, carrots, and peas Cranberry Sauce Fruit Crisp  <u>Card Playing 1:00 PM</u>	Beef Stragonoff w/ egg noodles Roasted Brussels Spouts Garden Salad Mixed Berries  <u>Bone Builders 9:30</u>	BBQ Pulled Pork Sandwich Baked Beans Coleslaw Fruit Crisp				
19		20		21		22	
Baked Ziti Mixed Veggies Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Roast Chicken w/gravy Mashed Potatoes Stuffing Beets Berry Salad  <u>Card Playing 1:00 PM</u>	<b>Picnic at Lake St. Catherine</b> Hot Dogs Pasta Salad w/ veggies, cheese, and italian dressing 3 Bean Salad Watermelon <u>Bone Builders 9:30</u>	Loaded Veggie Chef Salad w/ Chicken Cottage Cheese Fruit Crisp				
26		27		28		29	
Stuffed Pepper Casserole w/ ground chicken & brown rice Garden Salad Fruit Salad	Spaghetti w/ meat sauce Broccoli Garden Salad Pears	Turkey Burgers w/ buns Home Fries Cucumber & Tomato Salad Fruit Crisp	Beef Stew w/ potatoes, carrots, and celery Garden Salad Strawberry Shortcake				

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.

**3SQVT** :The Department for Children and Families (DCF) announced a new program starting October 1, 2020. 3SquaresVT in a SNAP offers older and/or disabled Vermonters 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. The project is authorized for a period of five years.

To learn more, go to <https://dcf.vermont.gov/benefits/3SquaresVT/SNAP>



The library in the entry hall has been curated and organized to the best of my ability. I see it as a circulating library with everyone welcome to borrow any books that catch their interest.

There are no limits as to how many books can be borrowed or how soon they must be returned. When returned they can be placed on the bottom shelf along with any other books that you wish to donate and I will reshelf them.

When making donations, please think of who are the clients at YAHSC, so give children's books to your grandchildren. At our age we already have our favorite recipes and don't need more cookbooks. Textbooks, magazines, manuals and self-help books become outdated and irrelevant so please don't leave them on our shelves. Updated information in these areas are more easily found at the Poultney Public Library which has librarians to assist you.

Any suggestions for making the library better may be given to Carrie and she will pass them on to me.

Carol Brown

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 over 60 years of age is eligible for Meals on Wheels if he/she:  
Experiences "food insecurity" as described by the Urban Institute OR Has temporary or permanent incapacity. Also Eligible: The spouse of an eligible participant, regardless of age, if according to criteria, recipient of the meal is in the best interest of the meal. OR A person with a disability, who resides with, or is in the care of individuals receiving home-delivered meals. OR A person over 60, with a disability, if they reside in senior housing where congregate meals are provided OR A Person with a disability who is referred by The Vermont Center for Independent Living.